



HAND EXERCISER

DIGI-FLEX[®] THUMB[®]

rehabilitation, exercise, strengthening and many more uses

Color			finger lb (kg)	hand lb (kg)
tan	xx-easy	10-3760	0.8 (0.3)	3.0 (1.4)
yellow	x-easy	10-3761	1.5 (0.7)	6.0 (2.7)
red	easy	10-3762	3.0 (1.4)	12.0 (5.4)
green	moderate	10-3763	5.0 (2.3)	20.0 (9.0)
blue	difficult	10-3764	7.0 (3.2)	28.0 (12.7)
black	x-difficult	10-3765	9.0 (4.1)	36.0 (16.3)
silver	xx-difficult	10-3766	11.0 (5.0)	44.0 (20.0)
gold	xxx-difficult	10-3767	13.0 (5.9)	52.0 (23.6)

- Individual finger locks prevent compensation
- Individual finger locks allow for finger isolation
- Strengthen fingers, hand and forearm
- Increase hand/finger flexibility and coordination
- Exercise fingers individually
- Exercise the whole hand
- Use either left or right hand to complete exercises
- 8 color-coded resistance levels available



Now the thumb can be exercised too!

- Thumb has 3 height positions to accommodate all hands
- Thumb rotates in all planes for accurate positioning
- Thumb locks into place before exercise

DigiFlex® Thumb® Exercises

1. Gross Grasp

Place the middle of each finger on the corresponding button with the finger tips wrapped over the top. Position the ridge of the ergonomic palm bar over the web space between the thumb and index finger, flex the thumb and all fingers toward the center of the unit as if making a fist.



2. Hook Position

Place finger tips on individual buttons and position ergonomic palm bar with the ridge over the web space between the thumb and index finger. Keep finger tips slightly bent and flex all fingers toward the center of the unit.



3. Key Pinch

Place the ridge of the ergonomic palm bar on the inside of the bent index finger. With the tip of the thumb slightly bent, flex the thumb on the first button.



4. Trigger Pinch

Loosely hold the unit vertically with the buttons toward the fingers and the ridge of the ergonomic palm bar positioned over the web space between the thumb and index finger. With the middle of the index finger, press the second button as if squeezing a trigger.



5. Tip-to-Tip Pinch

Place the tip of the thumb on the center of the ergonomic palm bar. Position the finger to be exercised on one of the center buttons. Keep both tips slightly bent, flex the thumb and the finger being exercised toward the center of the unit at the same time.



6. Finger Tip Flexion

Place finger tips on their corresponding buttons, with the tip of the thumb on the center of the ergonomic base. Keep all finger tips bent, flex the thumb and all the fingers toward the center of the unit at the same time.



Lock and Unlock the Finger Buttons

1. To lock finger button(s), push solid toggle at button base until flush with base. Repeat as needed for additional finger buttons.
2. To unlock finger button(s), push toggle with open area at button base towards base itself. Repeat as needed for additional finger buttons.



unlocked position:
the toggle at finger button base is shown in unlocked/neutral position (solid portion of toggle extended) to allow exercise movement

locked position:
the toggle with open area at finger button base (visible on one side and flush against base on the other side) is in locked position limiting motion



the toggle at the base of the finger buttons 1,3 and 4 are shown in unlocked/neutral position; finger button 2 and thumb button 5 are in locked position

To Adjust Thumb Attachment

1. Remove thumb piece from body by loosening the
2. wheel mechanism.
3. Insert ball (at end of stem protruding from body) into thumb hole at proper height for user's size hand.
4. Position thumb button in all planes to fit the user to accomplish exercise.
5. Lock thumb button by turning the wheel mechanism before beginning exercise.



plane 1: thumb hole position determines height of thumb button

plane 2: tilt toward or away from base

plane 3: rotate back or forward