

Active Hands gripping aids.

General Purpose gripping aid (AH1)

Our most versatile gripping aid, the AH1 can be used for a wide range of activities, including DIY, gardening and sports. It is a real asset for lifting weights, holding a snooker cue and, in the case of children, holding onto handlebars of a tricycle.

The General Purpose aid functions by tightening the strap in the upper section, which gently pulls the hand into a fist shape, adjusting to hold items in the palm. The wrist strap is also adjustable and the aid is padded to reduce chafing. The aids are machine washable.

The AH1 is available for right or left hand and comes in three sizes – Small, Standard and Large.

To find out which size is best for you, see the Active Hands [Size Guide](#).

Small, Standard and Large

Black or Pink



General Purpose Mini gripping aid (AH1m)

The same basic design as the AH1 adult aid sizes but designed for young children (under 5's). These aids assist kids with many disabilities including Cerebral Palsy to grip items such as adapted tricycles and walkers, tools, instruments and toys.

We recently modified these to fasten from the top side rather than underneath as feedback has informed us they are not used independently as with the adult aids but put on by a parent or helper and fastening at the top enables them to be attached more easily.

These aids are available in blue or pink.

Mini blue or pink



Outdoor gripping aid (AH2)

Identical in design to the AH1, but without the padding, the AH2 may be worn over gloves for outdoor activities. We recommend these to be used for activities such as adaptive skiing where thick gloves are needed.

Standard size only. Available for right or left hand



Looped exercise aids (AH3)

Ideal for the gym, our Looped Exercise Aids feature strong loops which can be slipped over the handles of some exercise machines, and adjustable padded wrist straps. Due to the boning inside the loop, when not under tension the aid loops open out to easily slide on and off the machine, allowing complete individual independence and the ability to 'let go' during rest periods.

Standard and Large sizes. Sold only as a pair





Heavy Use gripping wrap (AH4)

This padded gripping wrap attaches to items such as weights before using a general purpose gripping aid. The wrap “bulks out” the item being gripped, increases comfort on hard surfaces and reduces the possibility of rotation between the hand and the item gripped. It can also be pushed into positions to protect the thumb from pushing against hard surfaces which can sometimes happen when holding items such as heavy weights.

Heavy Use gripping wrap



D-Ring aids (AH5)

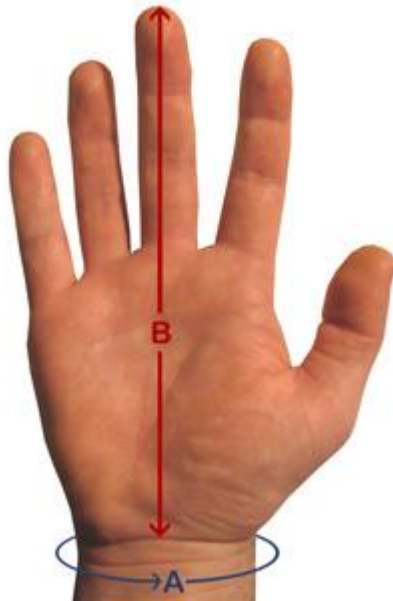
D-Ring aids are ideal for use in the gym. They allow attachment directly on to gym equipment such as cable and pulley machines or to the karabiner of any equipment which has interchangeable handles. This allows attachment closer to the equipment which often gives the benefit of a greater range of movement as well as pulling directly from the wrist. These aids are beneficial for both those with weak hand function and those with limb difference.

The D-Ring aids come as a pair - left and right hands. The wrist section is tightened using a strip of velcro with a ring on the end. Attached to this wrist section is a D-Ring which allows for attachment directly to the karabiner on gym equipment.

Standard and large sizes. Sold only as a pair.



Active Hands gripping aids: Size Guide



A = circumference of narrowest part of wrist

B = length from crease line (where hand joins wrist) to tip of middle finger

A: Wrist

Mini:	120mm - 140mm
Small:	135mm - 150mm
Standard:	145mm - 185mm
Large:	180mm - 220mm

B: Wrist to Middle Finger

Mini:	120mm - 140mm
Small:	135mm - 175mm
Standard:	175mm - 210mm
Large:	195mm - 280mm

(n.b. measurements are approximate)