

How to Use?

- Stand or sit in a comfortable position
- Hold the exercising ball in your palm as per recommendation of the physiotherapist and squeeze it as hard as possible
- Hold the pressure for a few seconds before releasing gently
- Repeat the process as many times as rehabilitation process

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REMEMBER

- Do not use this exercising ball if thumb joint is damaged or dislocated

P.S.: Kindly consult your Physician or Physiotherapist before using this product