



PROGRESSIVE EXERCISE SYSTEMS

DIGI-FLEX®

exercise each finger individually, or entire hand

Resistance level: per finger / per hand



<p>10-0751</p> <p>tan xx-light braun xx-leicht beige xx-licht beige xx-légère marrone xx-leggero marfil xx-ligero</p> <p>0.75 lbs / 2.5 lbs 0.34 kgs / 1.1 kgs</p>	<p>10-0740</p> <p>yellow x-light gelb x-leicht geel x-licht jaune x-légère giallo x-leggero amarillo x-ligero</p> <p>1.5 lbs / 5.0 lbs 0.7 kgs / 2.3 kgs</p>	<p>10-0741</p> <p>red light rot leicht rood licht rouge légère rosso leggero rojo ligero</p> <p>3.0 lbs / 10.0 lbs 1.4 kgs / 4.5 kgs</p>	<p>10-0742</p> <p>green medium grün mittel groen medium vert moyen verde medio verde mediano</p> <p>5.0 lbs / 16.0 lbs 2.3 kgs / 7.3 kgs</p>
<p>10-0743</p> <p>blue heavy blau stark blauw zwaar bleu fort blu pesante azul pesado</p> <p>7.0 lbs / 23.0 lbs 3.2 kgs / 10.4 kgs</p>	<p>10-0744</p> <p>black x-heavy schwarz x-stark zwart x-zwaar noir x-fort nero x-pesante negro x-pesado</p> <p>9.0 lbs / 30.0 lbs 4.1 kgs / 13.6 kgs</p>	<p>10-0752</p> <p>silver xx-heavy silbern xx-stark zilver xx-zwaar argent xx-fort argento xx-pesante plata xx-pesado</p> <p>11.0 lbs / 36.0 lbs 5.0 kgs / 16.3 kgs</p>	<p>10-0753</p> <p>gold xxx-heavy golden xxx-stark goud xxx-zwaar doré xxx-fort oro xxx-pesante oro xxx-pesado</p> <p>13.0 lbs / 43.0 lbs 5.9 kgs / 19.5 kgs</p>

Digi-Flex® Exercise System:

10-0751, 10-0740, 10-0741, 10-0742, 10-0743, 10-0744, 10-0752, 10-0753



INDICATIONS

- Develops individual finger strength, flexibility and coordination
- Also builds hand and forearm strength

PRECAUTIONS

- If the individual is being treated for a hand disorder, specific exercises and the intensity and number of repetitions should be approved by a healthcare professional.
- Following injury or surgery, consult a healthcare professional before performing exercises.

- If unusual swelling, skin discoloration or discomfort occurs, use should be discontinued and a healthcare professional consulted.

GUIDELINES FOR USE

Exercises should be done at a slow, comfortable pace. Suggested exercises follow.

1. Gross Grasp

Place the middle of the fingers on the buttons with the finger tips wrapped over the top. Positioning the hook 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.



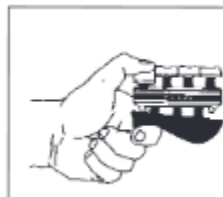
2. Hook Position

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



3. Key Pinch

Place the hook 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 hook 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. Keeping both tips slightly bent, flex the thumb and the finger being exercised toward the center of the unit at the same time.



6. Fingertip Flexion

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

