



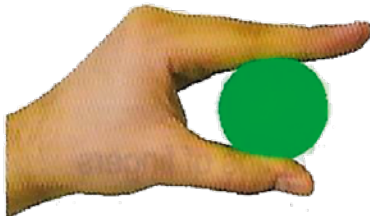
# Hand Therapy Exerciser Kit

Exercise Guide



## Ball Grip (Wrist Up)

Grip ball in palm. Turn hand in so it faces down. Squeeze the ball in the palm. Hold and relax. Repeat.



## Pinch

Place ball between the thumb and index finger. Squeeze together. Hold and relax. Repeat.



## Opposition

Place the ball in the palm of the hand. Keep between thumb and finger being exercised. Squeeze thumb and finger together. Hold and relax hand. Repeat.



## Side Squeeze

Place ball between any two fingers. Squeeze the two fingers together. Hold and relax. Repeat.

LATEX FREE

620-NCBC3PK

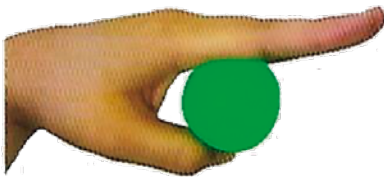
3 Pieces



### **Ball Grip (Wrist Down)**

Grip ball in palm. Turn hand in so it faces up. Squeeze the ball in the palm. Hold and relax. Repeat.

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### **Thumb Extend**

Place ball between bent thumb and two fingers of the same hand. Rolling the ball, extend and straighten the thumb. Repeat.

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### **Extend Out**

Place the ball on a table. Put tips of fingers on the ball. Roll the ball outward on the table. Repeat.

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### **Finger Bend**

Place the ball in the palm of the hand with fingers pressed into the ball. Push fingers into the ball as if you are bending your fingers. Hold and then relax. Repeat.

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### **Care:**

Hand wash and air dry completely.

### **Warning:**

Any exercise program comes with inherent risks. Consult your health care professional before beginning this or any exercise program.

Made in China

Patent Pending Design

Manufactured for PolyGel

NatraCure is a brand of PolyGel

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