



**HAND
EXERCISERS**

via™



10-0730
ergonomic design

VariGrip™



10-0542
adjust tension
by turning thumbscrew

PRO™



10-0836
for larger hands

INDICATIONS

- Develops individual finger strength, flexibility and coordination
- Also builds hand and forearm strength
- 5 color resistances. Choose the model that's right for you.

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

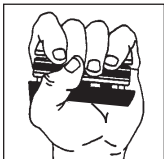
occurs, use should be discontinued and a healthcare professional consulted.

GUIDELINES FOR USE

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

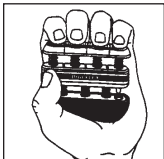
1. Gross Grasp

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



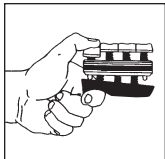
2. Hook Position

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



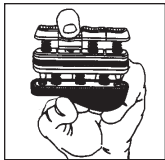
3. Key Pinch

Place the end of the 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.



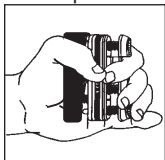
4. Trigger Pinch

Loosely hold the unit vertically with the buttons toward the fingers and the end of the 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 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 base. Keeping all finger tips bent, flex the thumb and all the fingers toward the center of the unit at the same time.



		via®	VariGrip®	Pro®
yellow	x-light	10-0735	10-0540	10-0835
red	light	10-0736	10-0541	10-0836
green	medium	10-0737	10-0542	10-0837
blue	heavy	10-0738	10-0543	10-0838
black	x-heavy	10-0739	10-0544	10-0839



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