

# Instruction Manual



## Digi-Extend n' Squeeze®

### Progressive hand and finger exerciser

*Develops finger, hand and forearm strength, flexibility and coordination*



### PRODUCT INFORMATION

- Available in 5 progressive color-coded firmness levels
- Each firmness available in 3 sizes: small, medium, large
- Each exerciser **includes 4 tensions of latex free resistance bands:**  
*tan is xx-light; yellow is x-light; red is light; green is medium*

#### Choose your size and firmness

	small	medium	large	
<b>yellow</b>	x-light	10-2270	10-2280	10-2290
<b>red</b>	light	10-2271	10-2281	10-2291
<b>green</b>	medium	10-2272	10-2282	10-2292
<b>blue</b>	firm	10-2273	10-2283	10-2293
<b>black</b>	x-firm	10-2274	10-2284	10-2294
<b>yel red grn blu blk</b>	set of 5 (1 ea)	10-2275	10-2285	10-2295
<b>yel red grn blu blk</b>	set of 5 (1 ea) with stand	10-2276	10-2286	10-2296



### INDICATIONS

- Develops individual finger strength, flexibility and coordination.
- Helps to promote the balance between the flexor muscles used in gripping and the extensor muscles used to open the hand.
- Builds hand and forearm strength.

### PRECAUTIONS

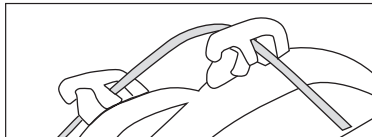
- If you've had an injury or a hand disorder, consult with your healthcare professional prior to beginning the exercises.
- The position of the **Digi-Extend n' Squeeze®** in the hand, intensity of the exercise, level of resistance and number of repetitions should be approved by a healthcare professional.
- If you experience unusual swelling, skin discoloration or pain, discontinue use and consult a healthcare professional.

### GUIDELINES FOR USE

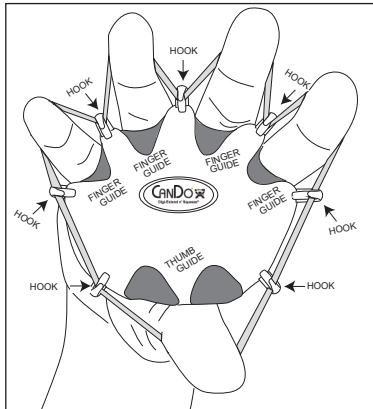
- Exercises should be done at a slow comfortable pace.
- Use the other hand to help stabilize the device during the exercises, as needed.
- Position **Digi-Extend n' Squeeze®** with the product name facing away from your palm during use. This will insure that the hand position is correct.
- For all exercises it is important to **keep the wrist straight.**

## SET-UP

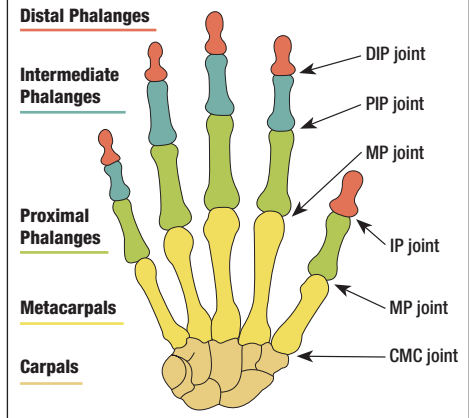
**BAND INSERTION:**  
Bands are inserted into hook for use with extension exercises.



Bands are stretched around the circumference of the Digi-Extend n' Squeeze® under the hooks.



## HAND-FINGER DIAGRAM



FLEXION = Bending Fingers  
EXTENSION = Straightening Fingers

## FLEXION EXERCISES:

**1. Gross Grasp:** Place fingers in the appropriate gray finger indentations. For right hand, place index finger on the gray indentation which is furthest to the right, the rest of the fingers will fall naturally in place in the gray indentations next to the index finger. Place the thumb in the gray thumb indentation closest to the index finger. Flex the thumb and all fingers toward the center of the unit as if making a fist.



**2. Hook Position:** Starting position as in #1, except use finger tips on the individual gray finger indentations, the thumb rests naturally in place on the gray thumb indentation, not on the tip. Keeping finger tips slightly bent, flex all fingers toward the center of the unit.



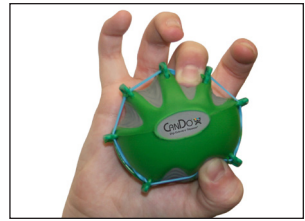
**3. Key Pinch:** Starting position as in #1, except in this exercise the thumb tip is utilized and the fingers rest naturally in place on the gray finger indentations. With the tip of the thumb slightly bent, flex the thumb toward the center of the unit.



**4. Trigger Pinch:** For right hand, place the index finger on the second gray finger indentation from the right and place the thumb on the gray thumb indentation that is most comfortable. Press the index finger as if squeezing a trigger.



**5. Tip-to-Tip Pinch:** Place the tip of the thumb on the gray thumb indentation that is most comfortable. Position the finger to be exercised on one of the gray finger indentations. 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:** Starting position as in #1. Place all finger tips on the gray finger indentations with the tip of the thumb on the gray thumb indentation. Keeping all finger tips bent, flex the thumb and all the fingers toward the center of the unit at the same time.



**7. Finger (MP) Intrinsic Flexion:** Place fingers in starting position as in #1. While keeping the PIP and DIP joints extended, flex just the MP joints against the gray indentations.



**8. Isolated Finger Tip Flexion:** Holding with the opposite hand, place one finger into a finger indentation with the fingernail resting on the gray indentation and the band on the fingertip skin. Flex only the fingertip against the band. Hold and repeat.



## EXTENSION EXERCISES:

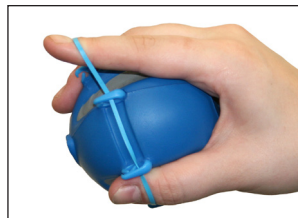
**9. Full Finger Extension:** Place fingers in the appropriate gray finger indentations with band across the top of fingers. For right hand, place index finger on the gray indentation which is furthest to the right, the rest of the fingers will fall naturally in place in the gray indentations next to the index finger. Place the thumb in the gray thumb indentation closest to the index finger. Extend all four fingers and thumb. Relax to starting position and repeat.



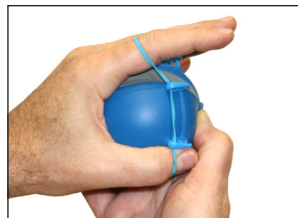
**10. Isolated Full Finger Extension:** Starting position as in #9. Flex fingers to hold Digi-Extend n' Squeeze®. Extend one finger at a time (all three joints), and relax slowly back to the starting position. Repeat with each finger.



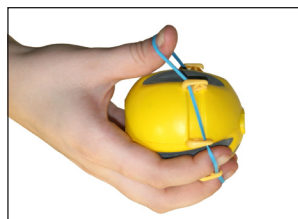
**11. Isolated PIP/DIP Extension:** Place fingertips in the gray finger indentations. Extend finger, keeping MP joint slightly flexed, extend only the PIP and DIP joints. Relax and let the band flex the joints and extend again. This is a small controlled motion. Repeat with each finger.



**12. Isolated MP Extension:** Slide fingers all the way forward so that the proximal phalanges are resting on the device and the PIP and DIP joints are flexed. While keeping the PIP and DIP joints flexed, extend only the MP joints (all four fingers together). Stabilize the device with the other hand, if necessary. Hold and repeat.



**13. Thumb Extension:** Place fingers in starting position as in #9. Turn device so the thumb is on top. While keeping the base (CMC) of the thumb still, slowly extend the thumb and IP and MP joints. Stabilize unit with other hand, if necessary. Hold and repeat.



## ADDUCTION AND ABDUCTION EXERCISES:

**14. Isometric Finger Adduction:** Place fingers in the appropriate gray finger indentations. For right hand, place index finger on the gray indentation which is furthest to the right, the rest of the fingers will fall naturally in place in the gray indentations next to the index finger. Place the thumb in the gray thumb indentation closest to the index finger. With fingers in extension, gently squeeze them together sideways against the edges of the finger guides. Hold and repeat.



**15. Thumb Abduction/Extension -** Place fingers in starting position as in #14. Extend thumb, against the band, away from the palm and fingers. Stabilize unit with other hand, if necessary. Hold and repeat.

