

MEDesign® Digiball

Purpose

The MEDesign Digiball is a specific exercise aid for arthritic, rheumatic or Repetitive Strain Injury conditions.

It is also helpful for rehabilitation after a hand injury or where there is a need to increase the strength and flexibility in the hands and arms.

Use

The exercises are very simple and only require squeezing the Digiball with the fingers, singly or together, increasing the frequency and pressure as improvement allows.



Exercise 1:

Hold the Digiball in an upturned hand, squeeze one finger at a time, from the first to the little finger, then back again. This also aids co-ordination and is ideal for any keyboard user.

Exercise 2:

Hold the Digiball with hand facing downwards and the thumb underneath for support, do a one finger and thumb squeeze, using each finger in turn.



Ideally practice both of these exercises with each hand each day. Start off slowly and build up to several times a day increasing the speed and pressure as your fingers become accustomed and stronger. Whilst watching television or reading are good times to do the exercises.

Specification

Diameter: 7cm (2¾") • Weight: 120g (4¼oz)

Care & Cleaning

Wipe with a damp cloth and a mild detergent solution. Do not soak in disinfecting media, do not Autoclave, do not irradiate the Digiball.

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Backfriend



Backfriend Carrycase



Bedboards



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