

## MEDesign® Digiball

Product Reference DG



### **Purpose**

MEDesign®'s 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: 9cm (3½") • Weight: 235g (8oz)

### **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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