

FIGURE I

To strengthen the grip of the fingers at the interphalangeal joints and the thumb use the exerciser as shown. The flange on the exerciser is designed to fit comfortably into the angle between the thumb and the palm of the hand. By adjusting the position of the exerciser it is possible to predominately resist movement either at the interphalangeal joint or at the metacarpophalangeal joint at the thumb. Using the opposite hand for support at the metacarpophalangeal joints of the fingers it is possible to exercise the interphalangeal joints of the fingers selectively.



FIGURE II

The two handed power grip using the Visco Handex block is appropriate for use where particular strength is required in individual fingers or the thumb. Note the overlap of the first to fourth phalanges and proximity of the thumbs. If your requirement is for maximum power grip to be sustained for a relatively short period of time the foregoing exercise is appropriate.



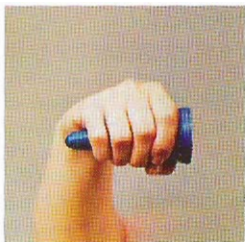
FIGURE III

Grip the exerciser as shown. No support from the other hand is needed. By compressing the exerciser it is possible to see the degree of power generated in the hand by the deformation of the markings on the surface of the exerciser. A regular check can be made on this by the therapist in assessing progress in increasing power grip. This applies equally to the thumb and to the fingers. The fingers can be exercised in isolation if it is required.



FIGURE IV

Using the cone shaped exerciser it is possible to exercise all the joints of the fingers and thumb of the hand in a range approaching their maximum. Because of the shape of the cone and by careful positioning



of the exerciser in the hand it is possible to selectively resist movement in almost any position of the fingers. Where surgery or injury has only affected one or perhaps two fingers it is easy to position the cone appropriately in the hand. With a small amount of training under supervision from a therapist the patient is able to undertake appropriate exercises.

The following Handex packs are available, each contains soft and firm Sorbothane cones or blocks.

CP Childrens pack contains two cones and two blocks.

LC Contains two large cones

LB Contains two large blocks

MC Contains two medium cones

MB Contains two medium blocks

