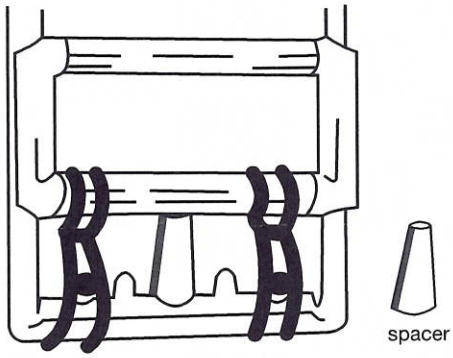
CanDo® rubber band hand exerciser

The CanDo® variable resistance hand exerciser provides resistance for finger flexion exercises. This resistance may be varied by increasing or decreasing the number of rubber bands placed on the frame. The CanDo® color-coded hand exerciser comes with 5 sets of color-coded rubber bands ranging in resistance from x-light to x-heavy: tan, yellow, red, green and blue. Resistance may be varied by changing to a more or less resistive set of color-coded rubber bands.

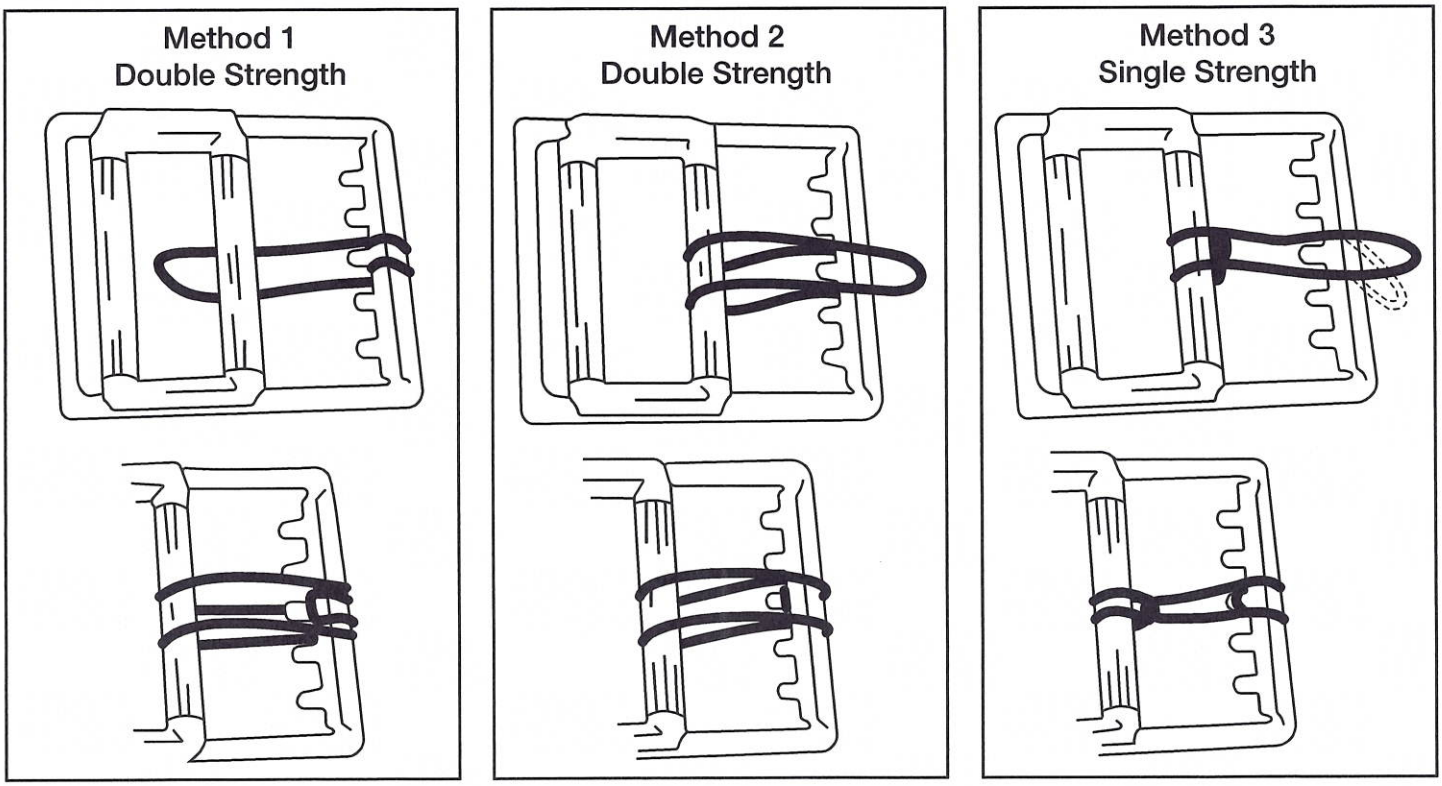
RESTRICT RANGE OF TRAVEL BY USING SPACER

The CanDo® exerciser has a two inch range of travel. It can be reduced to 1 inch by mounting the spacer on the center post (see diagram). The spacer should be used when the hand is small, weak, or when a restricted range of motion is desired.



PLACING RUBBER BANDS ON FRAME

The rubber bands can be mounted on the frame in one of three ways. The first two methods give twice the resistance as the third method. When placing rubber bands on the frame, place them symmetrically so that there is equal resistance on either side of the frame.



REF

exerciser with 5 latex red (light) bands						
10-0800	1 set	red				
exerciser with 25 latex bands (5 each color / resistance)						
10-1800	1 set	tan xx-light	yellow x-light	red light	green medium	blue heavy

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LATEX **CAUTION:** This product contains natural rubber latex which may cause allergic reactions

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