



HANDII is a compact exercise tool which can be used in the hand therapy. It is intended to increase the range of motion in the joints of the hand and muscle strength of this area.

Exercise can have a positive impact on the muscles and joints of the wrist, forearm, arm and shoulder.

The resistance can be easily match to the patient's capabilities and thanks to colors monitor the progress of the exercise.

Features:

- Exercises for flexors, extensors, adductors, abductors and rotators
- Isolated exercises of wrists and fingers
- Perfect for hand therapy (neurological, orthopedic, rheumatoid etc.), also for athletes, musicians, children and others
- Easy to use – perfect for exercises at physiotherapy practice, home, office, fitness club
- Easy evaluations of progress – each colour has a different resistance
- Ideal tool to help with every day activities – holding pen, cutlery etc.
- Improves the muscle strength and range of motion of fingers, wrists, elbows and shoulders
- Reduces the risk of inflammations of tendons
- Reduces the risk of injury
- Helps to achieve progress in the movements of the upper limbs in stroke patients
- Latex free
- 4 individual resistances : yellow, red, green, blue

Yellow and Red Rings (Extra Light & Light Resistances)

The yellow and red rings are ideal for those with a reduced range of joint movement, coupled with extreme weakness, the starting point for post-surgery rehabilitation, perfect for patients having undergone carpal tunnel syndrome release surgery, ideal for children affected by dyspraxia (DCD).

Green and Blue Rings (Medium & Heavy Resistances)

The green and blue rings are ideal for rock climbers, musicians and gamers, seeking to improve dexterity, increase strength, and reduce the chance of injury in their fields of expertise; also for work with stroke patients, to increase strength and flexibility of the affected limb.

HANDII has been designed for the rehabilitation of patients who need hand therapy, but it can also be used in other areas of life such as sports, music, paperwork or computer games.



The packs:

• The Handii 4-Pack (Extra Light, Light, Medium and Heavy Resistances)

From the lightest resistance ideal for post-surgery rehab, to the heaviest resistance ideal for pure strengthening.

• Handii 2-Pack Rehab (Extra Light and Light Resistances)

For post-surgery rehabilitation, which requires specific tools and an approach to exercise that addresses the cause of the problem, as well as recovery from surgery.

• Handii 2-Pack Strength (Medium and Heavy Resistances)

When priority is flexibility and strength gain.

