



OUR HANDS ARE A DELICATE AND COMPLEX SYSTEM THAT ENABLES US TO PERFORM A WIDE RANGE OF ACTIVITIES, FROM DRIVING AND TYPING TO PLAYING AN INSTRUMENT OR NEEDLEWORK. HOWEVER, HANDS ARE ALSO QUITE VULNERABLE, AND INJURIES AND PROBLEMS DUE TO WEAR AND TEAR ARE VERY COMMON. **THE REMEDIC HAND AND FINGER TRAINING SYSTEM** OFFERS MORE THAN **30 EXERCISES TO TRAIN YOUR HAND AND FINGER MUSCLES**, HELPING YOU MAINTAIN HEALTHY AND STRONG HANDS. WHETHER YOU'RE AN ATHLETE, MUSICIAN, OR SIMPLY LOOKING TO IMPROVE YOUR GRIP STRENGTH - THIS SYSTEM PROVIDES A COMPREHENSIVE SOLUTION TO HELP YOU ACHIEVE YOUR GOALS. WITH EXERCISES DESIGNED TO TARGET SPECIFIC MUSCLE GROUPS, YOU CAN IMPROVE YOUR DEXTERITY, FLEXIBILITY, AND OVERALL HAND HEALTH.

BALL AND
RING CAN
BE
SEPARATED



REMEDIC

THE RING
IS
AVAILABLE
WITH
DIFFERENT
RESIST-
ANCE
LEVELS



REMEDIC





YOU CAN
EXERCISE
WITH THE
BALL AND
RING
SEPARATE
LY



REMEDIX

THUMB FLEXION — ROLLING THE TRAINER INSIDE YOUR PALM



REMEDIC





RIBBED
SURFACE
FOR
HAND-
MASSAGE
AND
RELAX



REMEDIC

FULL GRIP



REMEDIC



POWER GRIP



REMEDIC

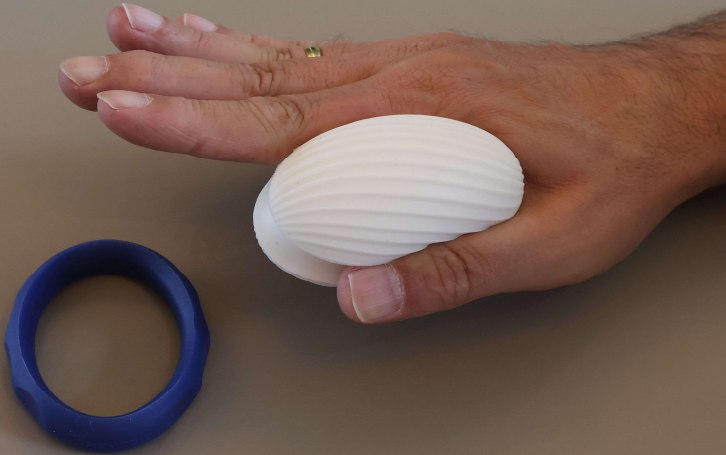
SCISSOR GRIP – FINGER ADDUC- TION



REMEDIC



THUMB FLEXION

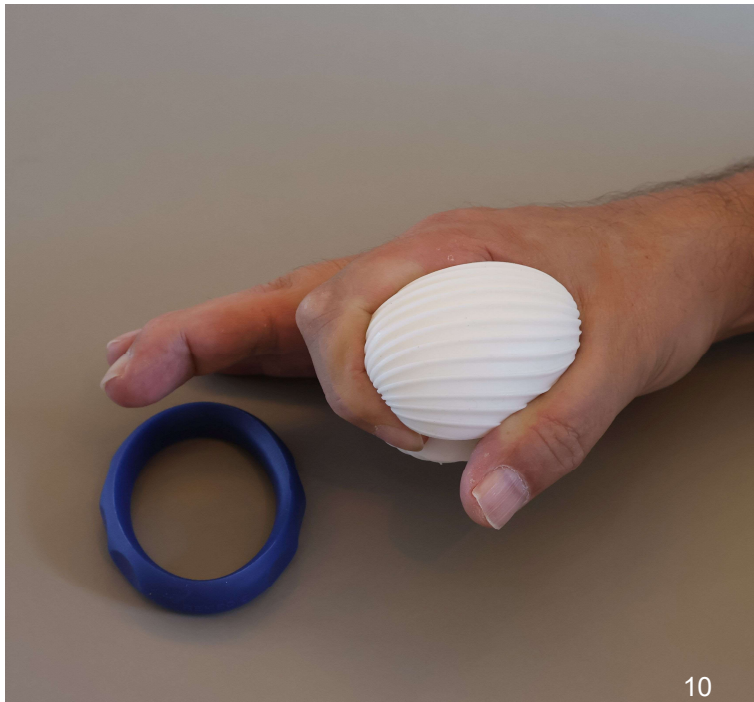


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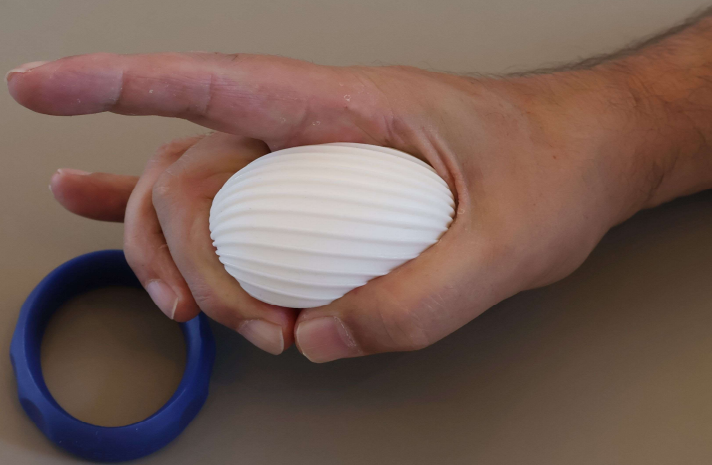
FINGER BENDING



REMEDIC



FINGER BENDING - PINCH GRIP

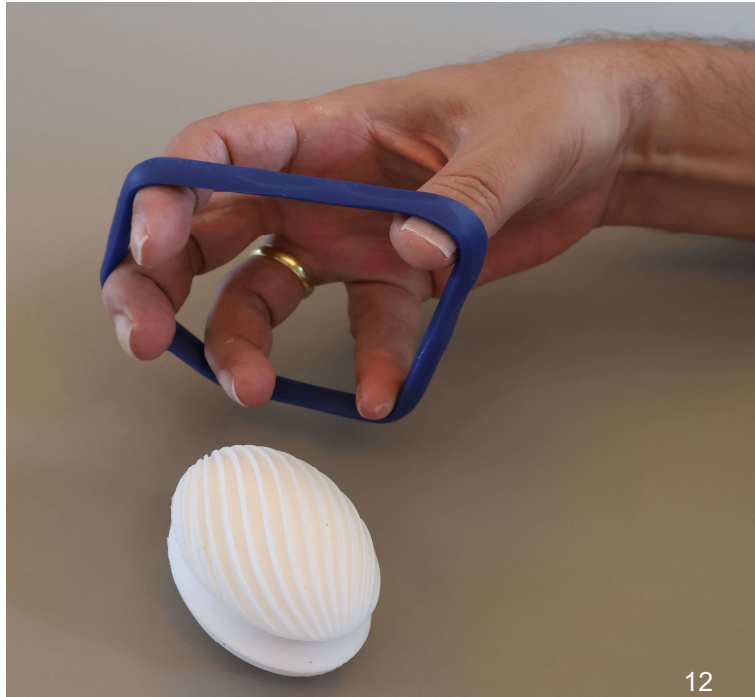


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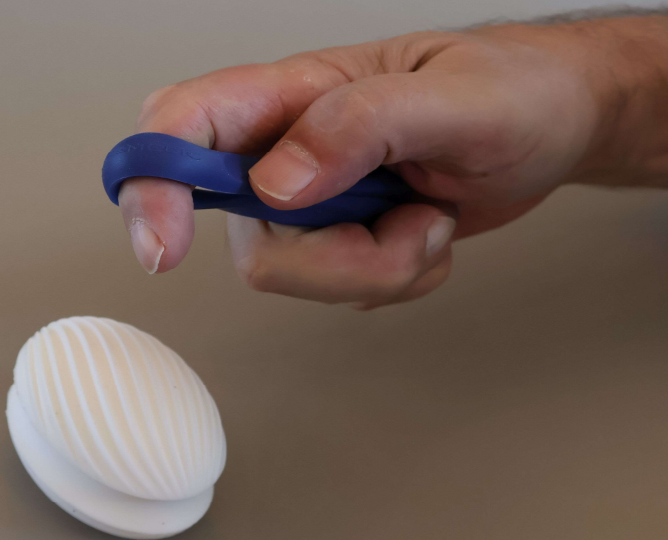
FINGER SPREAD – FINGER ABDUC- TIONS



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FINGER EXTENSION – FINGER STRETCH



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THUMB EXTENSION – THUMB STRETCH



REMEDIC



HAND PALM PRESS – ROLLING EXERCISE



REMEDIC

ROLLING PALM AND FINGER MASSAGE



REMEDIC



SQUEEZE
- THUMB
AND
LATERAL
FINGER
PINCH

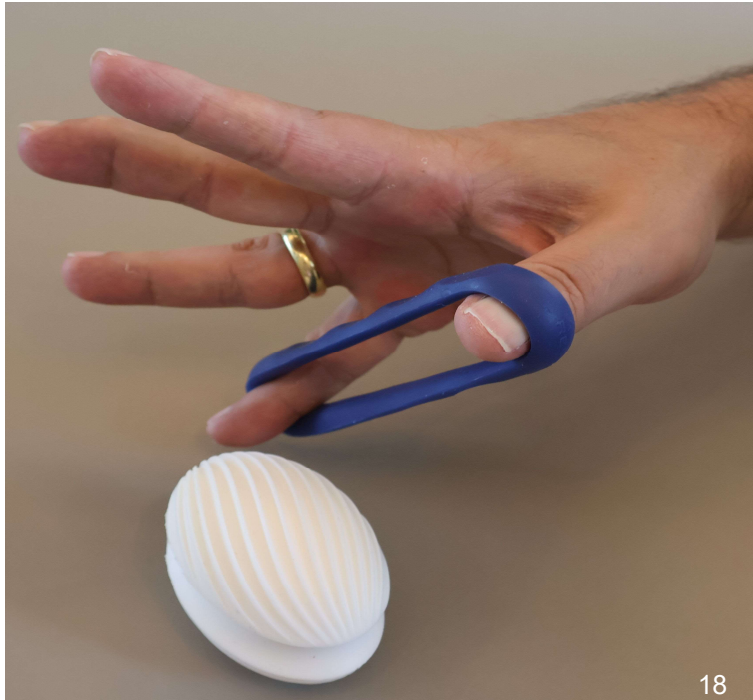


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THENAR STRETCH – OUTER MUSCLES THUMB AND LITTLE FINGER



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FLAT PINCH



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FINGER BEND – PARTIAL GRASP



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FULL GRASP



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FLEX AND SPREAD



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FINGER SPREAD

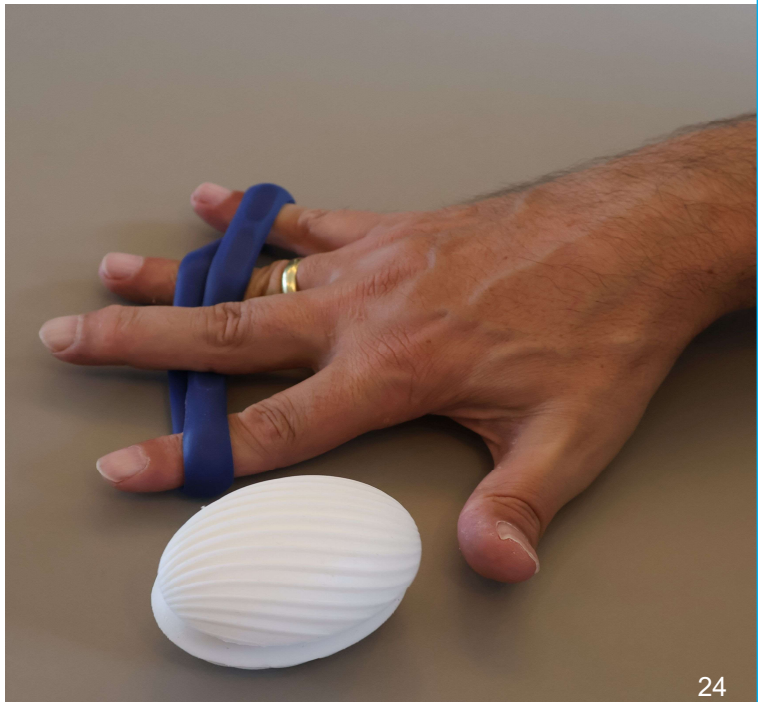


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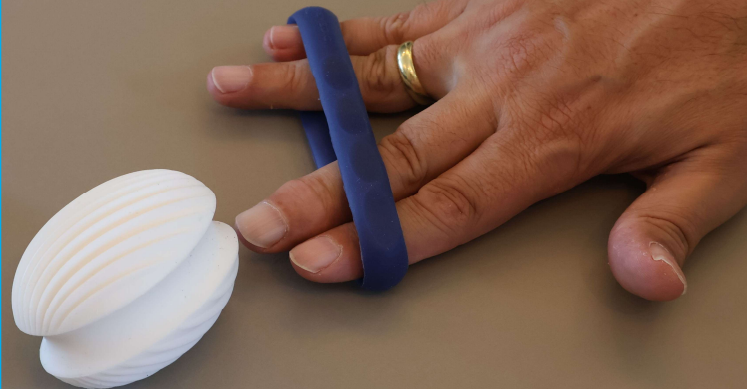
FINGER BEND WITH RESIST- ANCE



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FINGER SPREAD AND COORDI- NATION

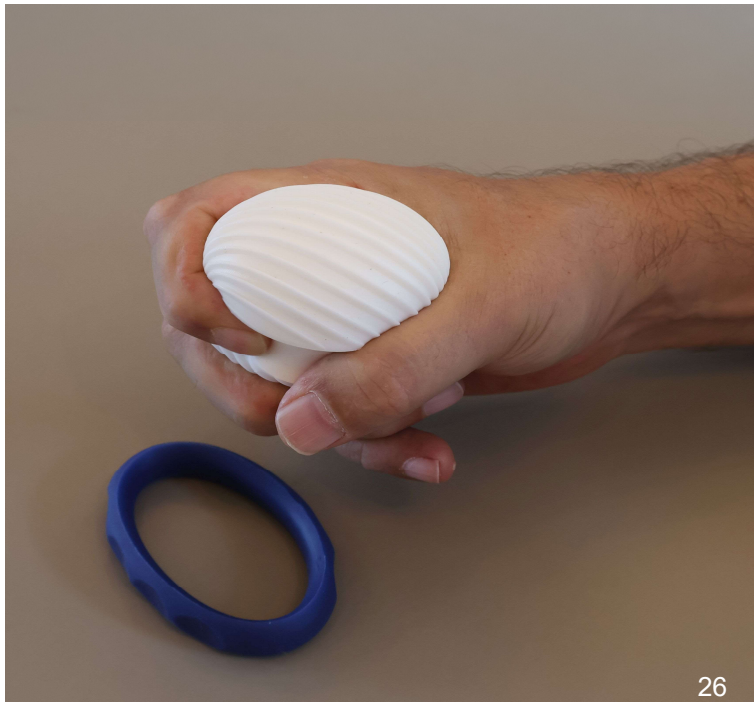


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SINGLE FINGER BEND



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SQUEEZE
- POWER
PRESS



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THENAR PRESS – BASE OF THE THUMB



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THUMB TIP PRESS



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FINGER TIP PRESS



REMEDIC



FULL
GRIP



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FINGER EXTEND



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THUMB EXTEN- SION



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CARPUS PRESS – WRIST FLEXION



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FINGER EXTENSION

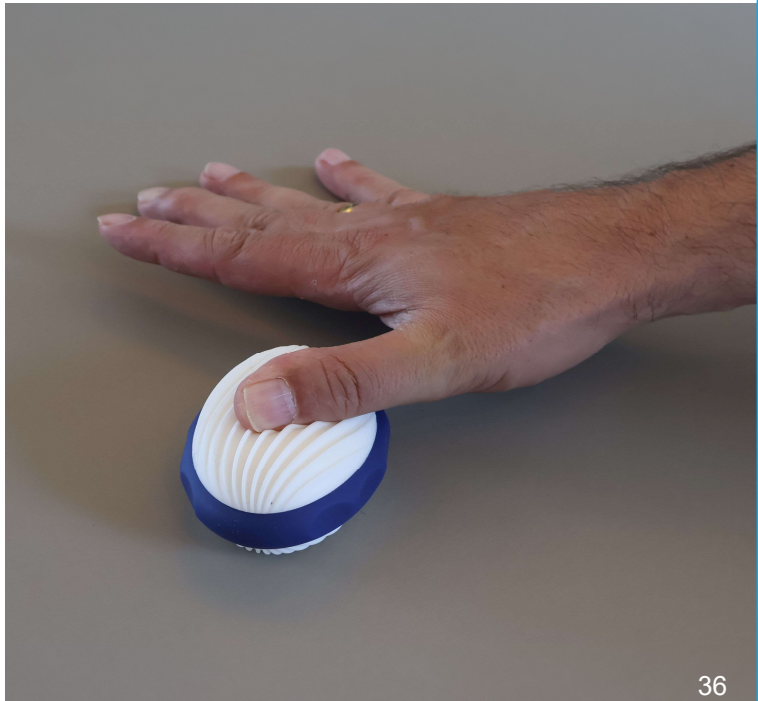


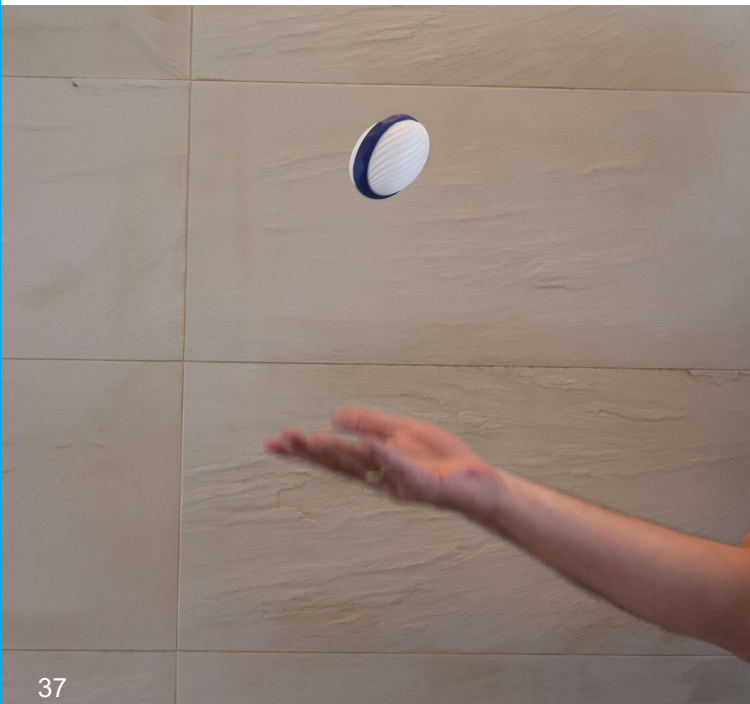
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THUMB PRESS



REMEDIC





PLAY
FOR
BETTER
HAND
EYE
COORDI
- NATION



REMEDIC

HAND- MASSAGE AND RELAX



REMEDIC



HAND- MASSAGE AND RELAX



REMEDIC

CARE INFO:

THE HAND EXERCISER IS MADE FROM DURABLE SILICONE – IT CAN BE EASILY CLEANED WITH WATER AND STANDARD DISH WASHING SOAP. DRY PROPERLY BEFORE USE.

SAFETY INFO:

OVERUSE OF HAND EXERCISERS CAN LEAD TO HAND AND WRIST PAIN, ESPECIALLY IF YOU HAVE PRE-EXISTING CONDITIONS SUCH AS CARPAL TUNNEL SYNDROME OR ARTHRITIS ETC. IT IS IMPORTANT TO WARM UP AND STRETCH BEFORE USING THE EXERCISER AND TO TAKE BREAKS AS NEEDED TO PREVENT PAIN OR INJURY.

LISTEN TO YOUR BODY! WHEN YOU FEEL THE STRAIN, CONSIDER REDUCING THE TRAINING TIME OR CHOSE A RING WITH LOWER RESISTANCE. IF YOU ARE IN DOUBT, CONTACT YOUR DOCTOR BEFORE USING THE EXERCISER.



The Hand and Finger Trainers Item design and functions are patented – Remedic is a registered US Trademark

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