

Digi-Flex® exerciser

industry standard for 25 years!
works fingers individually

- upper and lower spring design allows more flexibility for all hand motions
- develops isolated finger strength, flexibility and coordination
- for rehabilitation of carpal tunnel, arthritis, stroke, fractures, tendon injury, nerve lacerations, tennis elbow and more
- comes with exercise pamphlet
- now available in 8 strength levels!



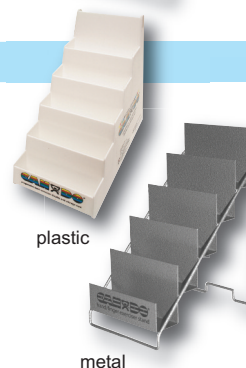
force to compress finger / hand (lb)

		.75 / 2.5	
yellow	x-light	1.5 / 5.0	AL-63186
red	light	3.0 / 10.0	AL-63187
green	medium	5.0 / 16.0	AL-63188
blue	heavy	7.0 / 23.0	AL-63189
black	x-heavy	9.0 / 31.0	AL-63190

yel red grn blu blk	set of 5 (1 ea)	AL-78122
yel red grn blu blk	set with plastic stand	AL-78123

display / storage rack

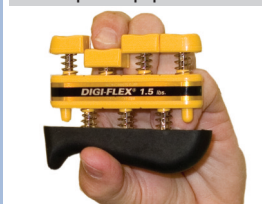
- holds up to 5 units of:
Digi-Flex®, Digi-Flex® Lite®,
Digi-Flex® Multi®, Via™,
VariGrip®, Pro™, Digi-Extend®
and Digi-Flex® Thumb™



plastic stand only	AL-78124
metal stand only	Call

some exercises for the Digi-Flex®, Lite®, Multi™ and Thumb™ exercisers

tip-to-tip pinch



hook position



trigger pinch



gross grasp



key pinch



fingertip flexion

