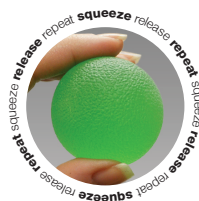


**gel ball hand exerciser**  
instructions **AL-63191**



**Hand squeeze** – squeeze the hand therapy ball with your fingers and thumb. Focus on pressing the pads and tips of your fingers into the ball.



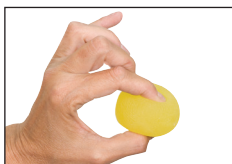
**Finger squeeze** – squeeze the ball between any two fingers you want.



**Finger push** – push down on the ball as it lays on a solid surface, such as a table.



**Finger flexion** – hold the ball away from your palm using your thumb and another finger of your choice. Squeeze the ball, focusing on only pressing the pads and tips of the fingers holding the ball.



**Pinch** – hold the ball with your fingers and thumb extended. Press your fingers into the top of the ball and your thumb upward on the bottom of the ball.

Available in the Preferred Colors<sup>®</sup> Sequence

