

SQUEEZE BALL HAND EXERCISER



SKU: PEC-8156

WARRANTY

N/A

VARIATIONS



Image	SKU	Colour	Size
	PEC-8156-8209	Orange	Firm

Image	SKU	Colour	Size
	PEC-8156-8205	Pink	Soft

PRODUCT DESCRIPTION

The Squeeze Ball Hand Exerciser has been made with an ergonomic design, making them fit comfortably into the contours of your hand. They have been manufactured to provide superior resistance therapy in a vast range of exercises for the fingers, hand, wrist and forearm. With regular use, anyone can improve grip strength, increase dexterity and mobility, develop motor skills, and improve circulation. Ideal for users suffering from medical conditions as a result of repetitive stress injury, carpal tunnel injuries, arthritis or even anyone who would just like to improve the strength and flexibility of their hand, wrist or forearm.

The Squeeze Ball Hand Exerciser is made of the highest quality, smooth latex-free polymer. This means it is tack-free and non-allergenic. As a result, these hand exercisers will not crack, leak or melt.

The ergonomic design of the Squeeze Ball Hand Exerciser is very comfortable to hold. While the shape of the ball contours to your hand, the texture will slightly grip to your skin. These Hand Exercisers are ideal for anyone of any age. Whether you want to increase muscle and grip strength, or simply reduce pain and stiffness in arthritic fingers, hands, and wrists. It is a great tool for musicians who wish to increase or improve hand and forearm strength and flexibility.

Stroke sufferers will also benefit from regular use of the Squeeze Ball hand exercisers. They can assist in restoring the function of your hands, forearms and shoulders. These hand exercisers have the tick of approval from many orthopedic surgeons, physical and occupational therapists. Even athletic trainers and exercise physiologists, as they have assisted many of their patients in either their recovery, or strength and flexibility improvement.

The Squeeze Ball Hand Exerciser can even be fantastic as a stress reliever! It can aid in relieving muscle tension and the pressure in the shoulder and your hands; these areas are affected when you are experiencing stress or anxiety.

With so many benefits, these Hand Exercisers are versatile, lightweight, portable and easily one of



our most popular sellers. Available in soft, medium or firm, and three different colours, you are sure to find one that suits your requirements.