

# hand, wrist and body exercisers

## Bodyblade® exerciser



- improve strength, balance, coordination, posture and core stabilization with low level vibration and inertia
- delivers progressive resistance
- for pre- or post-operative exercises, spinal cord injuries, stroke, home exercises and continuity from the clinic
- includes a wall chart and DVD

		length	
10-1540	Pro, black	60"	170.00
10-1541	Classic, black	48"	105.00
10-1542	CXT, yellow	40"	65.00

## 360° stick



- improve strength, balance, coordination, posture and core stabilization with low level vibration and inertia
- circular bar for motion in all planes
- soft grip in center of bar
- 63"L x 1 3/4"W x 1 3/4"D

10-1960 360° stick 40.00

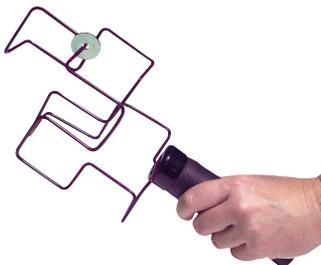
## Thera-Band® FlexBar®



- use to improve hand, wrist, arm, elbow and shoulder strength
- broad applications for both rehab and sports specific training
- ability to work bending, twisting, and oscillation movements with one piece of equipment
- diameter of bar increases with resistance level; 12" length

yellow	x-light	10-1350	15.00
red	light	10-1351	17.50
green	medium	10-1352	20.00
blue	heavy	10-1353	22.50

## Jux-a-Cisor™



- ROM exerciser for finger, hand, wrist, elbow, and shoulder

10-1230 Jux-a-Cisor™ 65.00

## Psytech™ wrist exerciser



- wrist flexion and extension exerciser strengthens grip and forearms
- adjustable resistance to 20 lb
- 10" length

10-0819 Psytech exerciser 30.00

## Thera-Band® Hand X-trainer



- for finger extension
- supports hot/cold therapy
- economical and intuitive; ideal for home exercise
- progressive resistances for clear measure of progress
- supports broad range of exercises

red	beginner	10-2242	12.50
green	intermediate	10-2243	12.50
blue	advanced	10-2244	12.50
black	adv. sports	10-2245	12.50
red grn blu blk	set	10-2249	47.50

## Thera-Band® Hand Trainer™



- exercise sheet is held in place by two locking rings
- to change resistance, change the sheet color
- full set comes with rings and six elastic sheets (tan-black)

set  
6 sheets + 2 rings 10-1276 55.00

### sheet refills (6 each)

tan	xx-light	10-1270	25.00
yellow	x-light	10-1271	26.00
red	light	10-1272	27.00
green	medium	10-1273	28.00
blue	heavy	10-1274	29.00
black	x-heavy	10-1275	30.00