

Tools



Power Web

- It is a color-coded tool in which the resistance increases according to the color (Beige, Yellow, Red, Green, Blue, and Black)
 - It is used for developing strength of hand muscles, and range of motion of the finger joints (IPs)
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Cando Digi Flex

- Color coded resistance tool (Yellow, Red, Green, Blue, and Black)
 - This tool is used for improving finger strength, and coordination.
 - It is used for many cases: -carpal tunnel syndrome -arthritis -stroke -Fractures -Flexor tendon repair -nerve lacerations
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Theraputty

- The resistance is increased according to the color.
 - It is used in finger, hand, and wrist resistive exercises.
 - Some exercises are: - Full grip -Finger extension -Pinch gripping
 - It helps in improving fine motor skills, gripping strength and dexterity.
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Finger Ladder

- Wall-mounted shoulder rehabilitation equipment.
 - The ladder is divided into 36 steps, separated by 1.25" intervals
 - Use in standing or seated positions
 - Evaluate range of motion.
 - It helps enhance overhead reach and improve ROM and flexibility of shoulder, elbow, wrist, and fingers.
 - Can be graded up by wearing a weighted cuff.
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Massage Star

- This tool is used for scar messaging.
 - After a hand surgery for any injury, most patients develop a scar tissue that needs management.
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Weights (Dumbbells)

- Used for strengthening
 - They can be used after 8-12 weeks during the treatment of flexor tendon repair
 - Active assistance: The hand of the patient can be wrapped with the weight by a bandage.
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Pronation and supination wheel

- This tool is used for patients having problems is doing pronation and supination because of: - Stiffness - Muscle weakness –Fracture
 - It helps in strengthening wrist muscles and improving the pronation and supination ROM.
 - It can be used to observe the improvement of ROM without measuring.
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Resistive Pinch exerciser

- It is a color-coded tool with increasing resistance (Yellow, Red, Green, Blue, Black)
 - It is used to improve the strength of finger pinch: - Lateral pinch -tip to tip - Tripod
 - It helps to improve fine motor skills and fingers coordination.
 - Vertical and horizontal rods are used to improve wrist ROM.
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Digi-Extend finger exerciser



- This tool has changeable graded resistance rubber bands.
 - Used to strengthen the intrinsic and extrinsic muscle groups to maximize extensor tendon gliding,
 - Helps to improve IPs ROM of Extension.
 - It can also be used for finger adduction, abduction, blocking, and flexion exercises.
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Shoulder Arch:



- This tool is used to improve the ROM of shoulder flexion and horizontal adduction and abduction.
 - It is also used in improving crossing the midline, pinch strengthening, and improving hand-eye coordination.
 - Can be graded up by adding more pipes.
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Shoulder Exercise ladder



- It is used to improve the ROM of the shoulder flexion and extension.
 - Used to improve the shoulder muscles strength.
 - Can be graded up by adding weighted cuff to the dowel rod.
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Stacking cones



- It is used for shoulder ROM of flexion, extension, horizontal adduction, and abduction.
 - Used for hand grip strength and eye-hand coordination.
 - Can be graded up by wearing wrist weighted cuff.
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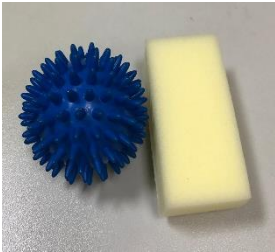
Sensory box

- The boxes are filled with different materials numbered according to textures (Rough, Soft)
- Textures are used for desensitization and resensitization interventions.
- Small objects with different textures are hidden in the box and the patient is asked to put his hand inside and find them.



Zen Hand exerciser

- This is a resistive exercising tool that is color coded.
- It is used to strengthen finger extension.
- It can be used for patients with: -arthritis -RSI -carpal tunnel -tennis elbow -stroke -MS



Rough ball and sponge

- It is used for sensory re-education
- Patients with sensory loss, because of nerve injury, stroke, or TBI, use these objects to improve sensation.
- The sponge can also be used for desensitization when the patient feels pain.



Pegboard

- It is used improve coordination during hand and finger.
- help increase proprioception, strength, and general motor skills.