



Wrist and Forearm Exerciser

The CanDo® Wrist and Forearm Exerciser can be used to increase wrist and forearm range of motion and strength.

- Allows the practice of repetitive functional movement to rehabilitate wrists and forearms
- Takes little physical strength to use; perfect for patients just beginning rehabilitation
- Use to practice exercises including: flexion/extension, pronation/supination, and ulnar/radial deviation
- Semi-spheres can be used alone, or together with a handle to perform the same exercises at different angles
- Mix and match different sized semi-spheres and handles to find the perfect fit for your hand
- Different diameter handles suit different wrist or grip activities
- Grab a handle that fits your hand and screw it into your desired semi-sphere
- Semi-spheres and handles are color-coded to indicate difficulty: Yellow (easy), Green (medium), Black (difficult)
- Handles fit any hand size from child to adult

Complete set includes:

- 3 color-coded semi-spheres (Yellow, Green, Black)
- 3 color-coded handles (Yellow, Green, Black)

complete set

10-2995 3 semi-spheres, 3 handles

individual parts

- 10-2900 semi-sphere only, x-small, black
- 10-2902 semi-sphere only, medium, green
- 10-2904 semi-sphere only, x-large, yellow
- 10-2905 handle only, x-small, black
- 10-2907 handle only, medium, green
- 10-2909 handle only, x-large, yellow



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complete set

handles

Use semi-sphere alone, or together with a handle to perform the same exercises at a different angle

