



# puttycise<sup>®</sup>

## takes putty beyond flexion<sup>SM</sup>



Puttycise<sup>®</sup> tools can be pushed, pulled, or turned through putty to produce specified exercises. Changing the putty resistance will increase or decrease the difficulty level. The Puttycise<sup>®</sup> family consists of 5 tools which all function by inserting the tool base into a resistant putty.

- simulates functional activity
- teaches joint protection techniques
- easy to use, easy to teach



### Knob Turn

opening a door, tightening a jar, etc.

- 10-2810 Puttycise<sup>®</sup> knob turn Theraputty<sup>™</sup> tool
- 10-2811 Puttycise<sup>®</sup> L-bar Theraputty<sup>™</sup> tool
- 10-2812 Puttycise<sup>®</sup> peg turn Theraputty<sup>™</sup> tool
- 10-2813 Puttycise<sup>®</sup> key turn Theraputty<sup>™</sup> tool
- 10-2814 Puttycise<sup>®</sup> cap turn Theraputty<sup>™</sup> tool



### L-BAR

pulling a vacuum, sweeping, using a hammer, etc.



### PEG TURN

turning a bolt/nut, pushing a button, etc.



### KEY TURN

turning a key, throwing a frisbee, etc.

- 10-2818 Puttycise<sup>®</sup> manual
- 10-2819 Puttycise<sup>®</sup> carry bag
- 10-2800 Puttycise<sup>®</sup> tool set, 5 pieces
- 10-2821 Puttycise<sup>®</sup> tool set w/carry bag & manual



### CAP TURN

opening a bottle, turning on stove, etc.



## color-coded resistance levels

- |          |         |       |        |       |         |
|----------|---------|-------|--------|-------|---------|
| tan      | yellow  | red   | green  | blue  | black   |
| xx-light | x-light | light | medium | heavy | x-heavy |

### CanDo<sup>®</sup> Digi-Extend<sup>®</sup>

For rehabilitation of carpal tunnel, arthritis, stroke, fractures, tendon injuries, nerve lacerations, tennis elbow and more...

- isolate extension of all fingers and individual finger joints
- includes: 1 Digi-Extend, 5 tan, 4 yellow, 3 red, 2 green latex-free elastic bands, pamphlet



10-0775 CanDo<sup>®</sup> Digi-Extend<sup>®</sup>



### CanDo<sup>®</sup> Digi-Extend n' Squeeze<sup>®</sup>

Provides complete reciprocal exercise program (flexion and extension)

- 5 color-coded balls and 4 color-coded extension bands



### CanDo<sup>®</sup> Digi-Squeeze<sup>®</sup>

Develops isolated finger strength, flexibility and coordination

- 10-1980 Digi-Squeeze<sup>®</sup> x-light
- 10-1981 Digi-Squeeze<sup>®</sup> light
- 10-1982 Digi-Squeeze<sup>®</sup> medium
- 10-1983 Digi-Squeeze<sup>®</sup> heavy
- 10-1984 Digi-Squeeze<sup>®</sup> x-heavy
- 10-1985 Digi-Squeeze<sup>®</sup>, 5 piece set
- 10-1986 Digi-Squeeze<sup>®</sup>, 5 piece set with stand



- 10-2280 Digi-Extend n' Squeeze<sup>®</sup> x-light
- 10-2281 Digi-Extend n' Squeeze<sup>®</sup> light
- 10-2282 Digi-Extend n' Squeeze<sup>®</sup> medium
- 10-2283 Digi-Extend n' Squeeze<sup>®</sup> heavy
- 10-2284 Digi-Extend n' Squeeze<sup>®</sup> x-heavy
- 10-2285 Digi-Extend n' Squeeze<sup>®</sup>, 5 piece set
- 10-2286 Digi-Extend n' Squeeze<sup>®</sup>, 5 piece set with stand



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