

# HAND EXERCISE BALLS

## QUICK START GUIDE

### WHAT'S INCLUDED

- Orange extra soft resistance ball
- Green soft resistance ball
- Blue medium resistance ball
- Purple firm resistance ball
- Black nylon carry bag

### OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Hand Exercise Balls as easy as possible. Check out the included link and QR code to help you through the process.

### Exercises

**Note:** These exercises work with any of the four Vive Hand Exercise Balls. Choose the exercise ball that will challenge your strength and flexibility without causing damage to your hand, wrist or fingers.

### Finger Flex

Hold your exercise ball in the palm of your hand. Grip the ball with your fingers. Push your fingers firmly into the ball as if you are bending your fingers. Do not use your thumb. Hold. Relax your grip. Repeat.



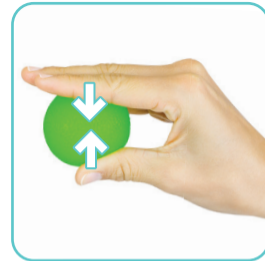
### Finger Squeeze

Place your exercise ball between the two fingers you'd like to exercise. Squeeze your fingers together and hold. Release your grip. Repeat.



### Pinch

Hold the exercise ball between your thumb and index finger. Squeeze your fingers together and hold. Keep your fingers straight at all times. Relax your grip. Repeat.



### Power Grip

Grip your exercise ball in the palm of your hand. Squeeze the ball tightly and hold. Relax your grip. Repeat. Do one set of exercises with your hand facing up and then do another set with your hand facing down.



### Thumb Extension

Cup your exercise ball in the palm of your hand. Place your thumb against the ball. Extend and bend your thumb, rolling the ball vertically along your fingers. Be sure to use just your thumb to move the ball. Repeat.



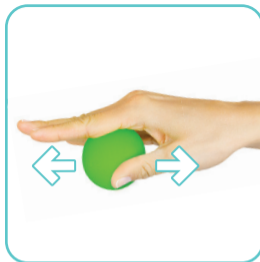
### Thumb Opposition

Cup your exercise ball in the palm of your hand. Place your thumb against the ball. Place the finger you'd like to exercise on the other side of the ball. Squeeze your thumb and finger together and hold. Relax your grip. Repeat.



### Table Roll

Place your exercise ball on a table with your palm on top of it. While keeping your hand flat and your palm facing down, roll the ball from the base of your palm up to your fingertips and back. Keep your fingers straight. Repeat.



### Thumb Roll

Cup your exercise ball in the palm of your hand. Place your thumb against the ball. Roll your thumb, manipulating the ball in a circle on your fingers. Be sure to use just your thumb to move the ball. Repeat.



## CARE INSTRUCTIONS

- Make sure your hands are clean before each use.
- If the balls get dirty, wash with mild soap and water and dry thoroughly with a towel.
- Avoid exposing your exercise balls to direct sunlight or high temperatures.
- Store in a cool dry place.

## WARNINGS ⚠

- Consult your healthcare provider before starting any exercise or rehabilitation program.
- Mild discomfort is normal when exercising but if you experience severe pain while using the Hand Exercise Balls, stop and consult your physician.

**Caution: choking hazard. Keep the Hand Therapy Balls away from small children.**