

Eggsercizer®

The World's Smallest Exercise Machine®

LATEX FREE



Eggsercizer® is ergonomically shaped to provide highly effective exercises for rehabilitation and strengthening of weakened or injured fingers, hands and wrists.

Finger Flexion



Place the Eggsercizer in the palm of your hand with the narrow end pointed toward the thumb. Using one finger at a time, squeeze and release. Repeat.

THERAPIST NOTE: Placing the Eggsercizer in the hand with the pointed side facing the ulnar direction and squeezing with each individual digit will help to increase intrinsic strength of the lumbricales which will increase flexion strength at the metacarpophalangeal joints.

Pinch Grip



Hold the Eggsercizer between the thumb and index finger, pointed end towards the thumb. Squeeze and release. Repeat.

THERAPIST NOTE: Placing the Eggsercizer between the thumb and index finger and applying pressure will aid in increasing the pinch strength of the flexor pollicis brevis, the flexor pollicis longus and the lumbricales of the index finger.

Thumb Flexion



Place the Eggsercizer in the palm of your hand with the narrow end pointed toward the thumb and index finger. Apply pressure on the Eggsercizer. Hold then relax and repeat.

THERAPIST NOTE: Placing the Eggsercizer in the hand with the pointed side between the thumb and the index finger and applying pressure with the thumb on the Eggsercizer will help increase the intrinsic strength of the thumb muscles.

Finger Adduction



Place the Eggsercizer between your index and middle fingers with the narrow end pointing away from the palm. Squeeze fingers together with a scissors action and release. Repeat.

THERAPIST NOTE: Placing the Eggsercizer between the second and third digits and squeezing will assist in strengthening the muscles of adduction in the hand and wrist including the extensor carpi radialis, the extensor carpi radialis longus and the extensor carpi ulnaris.

Grip Strength Pronated



Place the Eggsercizer in your palm with the narrow end pointed away from your thumb, turn your forearm and hand so that the palm faces downward. Using all your fingers, squeeze and release. Repeat.

THERAPIST NOTE: Squeezing the Eggsercizer with the arm pronated will increase strength of the flexor carpi radialis, flexor carpi ulnaris, flexor digitorum superficialis, and the pronator teres and the pronator quadratus. Additional affected muscles will be the flexor digitorum profundus, flexor digitorum superficialis.

Grip Strength Supinated



Place the Eggsercizer in your palm with the narrow end pointed away from your thumb, turn your forearm and hand so that the palm faces upward. Using all your fingers, squeeze and release. Repeat.

THERAPIST NOTE: Squeezing the Eggsercizer in a supinated position will help to improve gross motor strength of the flexor carpi radialis and the flexor carpi ulnaris musculature. The flexor digitorum superficialis will be strengthened, and the supinator will also increase in strength.

- **Made of a non-allergenic polymer that will not crack, leak, or melt**
- **Can be heated to provide additional relief for arthritic and injured hands**

Available in:
Individual bag or 30Pak (bulk)

Part#	Color	Resistance
1804	Orange	Extra Soft density
1805	Green	Soft density
1806	Blue	Medium density
1807	Plum	Firm density



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