The ergonomically-shaped Eggsercizer, Resistive Hand Exerciser provides an effective means to rehabilitate and strengthen fingers, hands and wrists. Small and easy to use, it can be used anytime, anywhere, increasing patient compliance. The Eggsercizer is available in 4 color-coded resistances from extra-soft to firm.

Made of a non-allergenic visco-elastic polymer that will not crack, leak, or melt
Molded in the shape of an egg to fit the natural contours of the hand
Can be heated to provide additional relief for arthritic and injured hands

Used for muscle strength improvement, dexterity and mobility improvement, grip strengthening, rheumatoid joint loosening, sport strength training, stress reduction, treatment for Repetitive Strain Injuries (RSI)

**DIRECTIONS OF USE:** Follow instructions and recommendations by your doctor or practitioner. Read the instructions prior to using the Eggsercizer. Do not exceed the prescribed number of repetitions. Consult your doctor or therapist if soreness or inflammation occurs.

**Finger Flexion**
Place the Eggsercizer in your palm 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.

**Thumb Flexion**
Place the Eggsercizer in your palm with the narrow end pointed toward the thumb and index finger. Apply pressure on the Eggsercizer. Hold, 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.

**Grip Strength Pronated**
Place the Eggsercizer in your palm with the narrow end pointed away from your thumb, turn your forearm and hand that the palm faces downward. Using all your fingers, squeeze and release. Repeat.
THERAPIST NOTE: Squeezing the Eggsercizer with the pronated position will help to improve gross motor strength of the muscles of adduction in the hand and wrist including the flexor carpi ulnaris and the extensor carpi ulnaris.

**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 extensor carpi ulnaris muscle. The flexor digitorum superficialis will be strengthened, and the supinator will also increase in strength.

**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.

**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 brevis, the extensor carpi radialis longus and the extensor carpi ulnaris.

**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 brevis, the extensor carpi radialis longus and the extensor carpi ulnaris.

**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 brevis, the extensor carpi radialis longus and the extensor carpi ulnaris.

**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.

**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.

**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 extensor carpi ulnaris muscle. The flexor digitorum superficialis will be strengthened, and the supinator will also increase in strength.

**Hot or Cold Therapy**
Heating the Eggsercizer in your palm with the narrow end pointed toward the thumb in a container of warm water for 3 to 4 minutes prior to activities could improve peripheral circulation in the hands and fingers by affecting superficial vasodilation within the muscular system. Chilling the Eggsercizer in a refrigerator could reduce local edema and desensitize painful areas.

**Cold**
CAUTION: Do not place the Eggsercizer alone in a microwave. Always heat fully immersed in a cup of warm water.

**Warm**
When the Eggsercizer is held in your hand it will warm from body heat. Dampening the Eggsercizer with water will speed heat up.

**Order Instructions**
The Eggsercizer is available in four color coded densities making it suitable for most stages of rehabilitation. Available individually or in packs of 30.

**CARE & CLEANING:** If used properly, the Eggsercizer will give long and trouble-free use. If it becomes dirty, simply wash in warm soapy water, rinse and pat dry with a cloth towel. (Do not use paper towel as it may leave lint on the surface). Dusting the surface of the Eggsercizer with baby powder or talcum powder will remove any surface tackiness.

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

**DISTRIBUTED BY:**
IMPACTO CA
N. America 888 232 0031
Free phone UK 0800 0280 243
T: 613 966 0062  F: 613 966 0067
PO BOX 524, BELLEVILLE, ON K8N 5B2
impacto@impacto.ca

IMPACTO® is a registered trademark of Impacto Protective Products Inc. Eggsercizer® is a trademark of Eggstra Enterprises. Patent Pending.

03/20