

The World's Smallest Exercise Machine®

Eggsercizer®




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)




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.




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.




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.



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 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 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.

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.

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

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.

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

TRUSTED PROTECTION

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