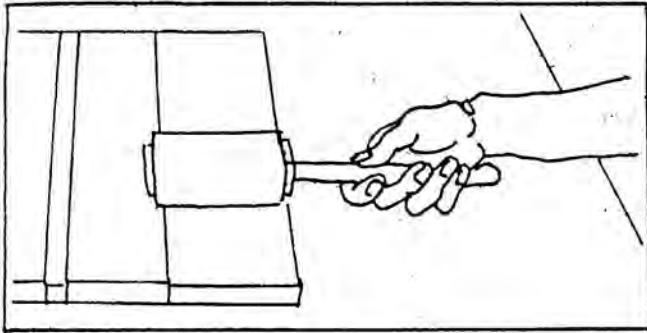
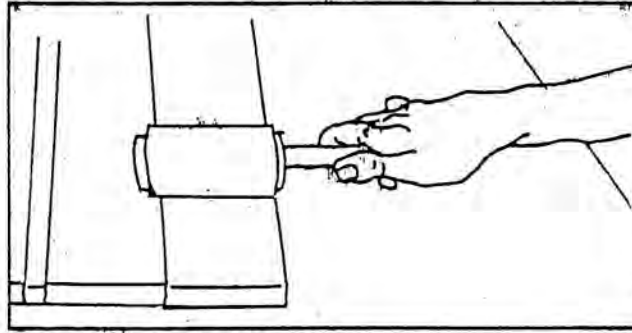


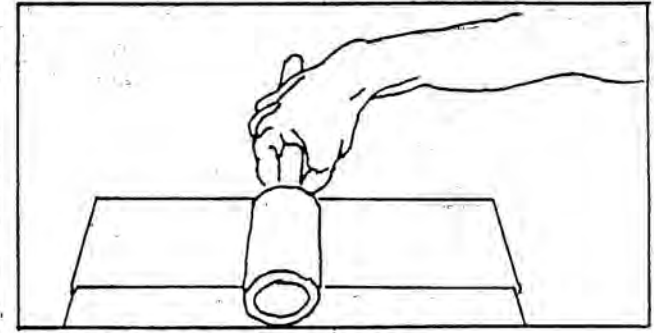
E-Z EXERBOARD: Strengthens forearm, wrist and fingers. Easy to use in the clinic or for home visits.



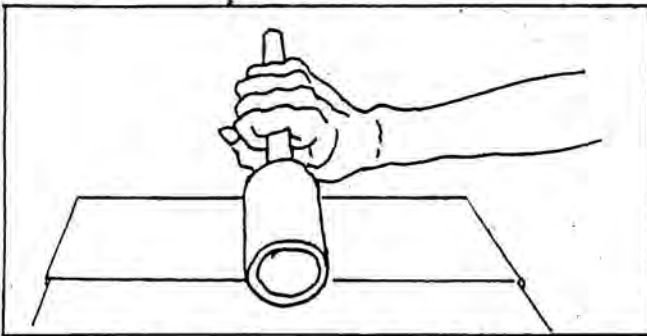
1. SUPINATION



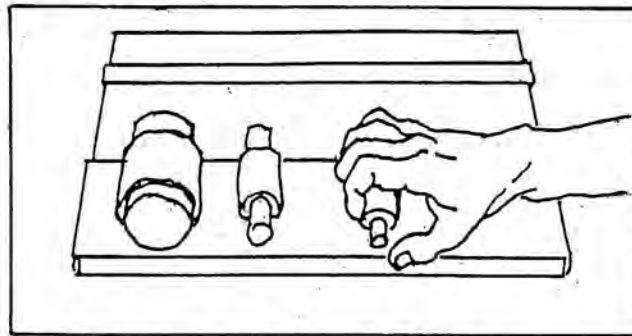
2. PRONATION



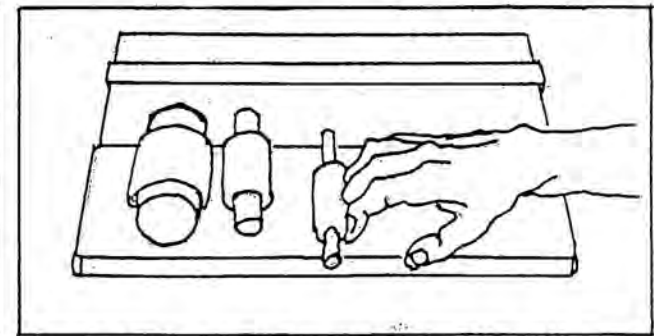
3. WRIST FLEXION



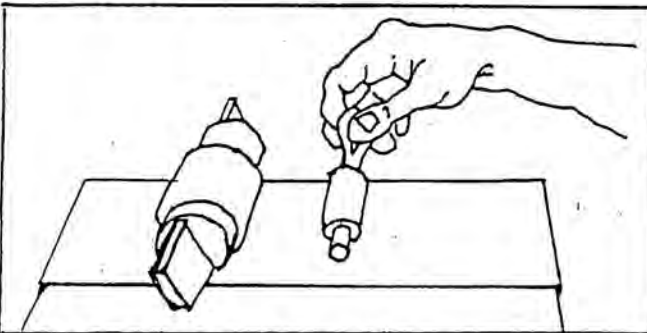
4. WRIST EXTENSION



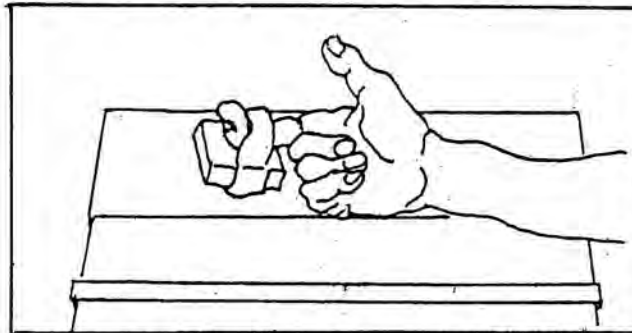
5. FINGER FLEXION



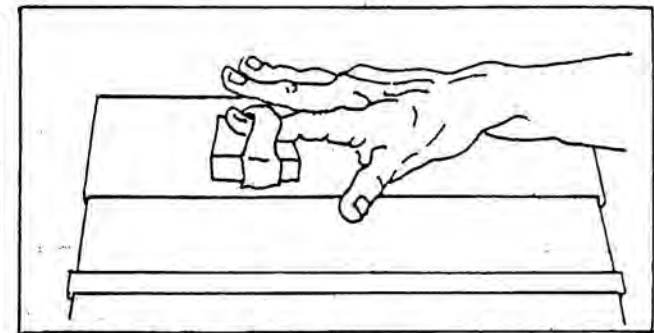
6. FINGER EXTENSION



7. KEY PINCH



8. INDIVIDUAL FINGER FLEXION



9. INDIVIDUAL FINGER EXTENSION

- Use 4" Velcro strip for greater resistance and 1" Velcro strip for decreased resistance with each exercise
- Use large finger rollers to decrease resistance of exercise and small rollers to increase resistance
- To increase handle circumference of the wrist roller, use pipe insulation or adhesive foam to make the exercise easier
- Note: To prevent tipping of the wrist roller during exercise - use the opposite hand to stabilize the roller