

Digi-Flex[®] exerciser

industry standard for 25 years!
works fingers individually

- upper and lower spring design allows more flexibility for all hand motions
- develops isolated finger strength, flexibility and coordination
- for rehabilitation of carpal tunnel, arthritis, stroke, fractures, tendon injury, nerve lacerations, tennis elbow and more
- comes with exercise pamphlet
- now available in 8 strength levels!



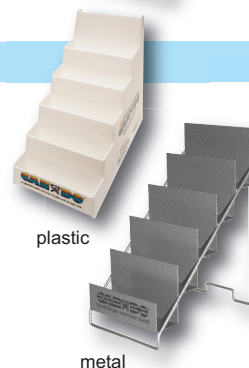
force to compress finger / hand (lb)

yellow	x-light	1.5 / 5.0	AL-63186YW
red	light	3.0 / 10.0	AL-63186RD
green	medium	5.0 / 16.0	AL-63186GN
blue	heavy	7.0 / 23.0	AL-63186BL
black	x-heavy	9.0 / 31.0	AL-63186BK

yel red grn blu blk	set of 5 (1 ea)	AL-78122
yel red grn blu blk	set with plastic stand	AL-78123

display / storage rack

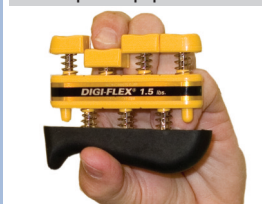
- holds up to 5 units of:
Digi-Flex[®], Digi-Flex[®] Lite[®],
Digi-Flex[®] Multi[®], Via[™],
VariGrip[®], Pro[™], Digi-Extend[®]
and Digi-Flex[®] Thumb[™]



plastic stand only	AL-78124
metal stand only	Call

some exercises for the Digi-Flex[®], Lite[®], Multi[™] and Thumb[™] exercisers

tip-to-tip pinch



hook position



trigger pinch



gross grasp



key pinch



fingertip flexion

