

# Hand Therapy Kit — Quick Start Guide

For stroke, aneurysm, and brain injury recovery support (use as tolerated).



## 9 PIECE HAND THERAPY KIT

1. Bottle top gripper
2. Dexterity orbitals (2) - red= soft, yellow = softer
3. Adjustable hand grip strengthener - 5-60 kg/11-132lbs
4. Finger resistance bands (2)- black = medium, green = light
5. Hand squeeze rings (2) - black = hard, green = soft
6. Lightweight resistance band

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## **Safety first**

- Follow your clinician's guidance (OT/PT/MD). Stop if you experience sharp pain, numbness/tingling, or worsening symptoms.
- Start light and progress slowly. Focus on controlled motion and good form.
- If you have recent surgery, severe spasticity, or complex medical concerns, confirm use with your care team.

## **How to start (simple plan)**

- Frequency: 3–5 days/week.
- Duration: 5–10 minutes total per session at first.
- Effort: light-to-moderate; avoid straining.
- Track: note time/reps and how your hand feels afterward.

## **What's included (9-piece kit)**

- 1) Bottle top gripper
- 2) Dexterity orbitals (2): red = soft, yellow = softer
- 3) Adjustable hand grip strengthener: 5–60 kg (11–132 lb)
- 4) Finger resistance bands (2): black = medium, green = light
- 5) Hand squeeze rings (2): black = hard, green = soft
- 6) Lightweight resistance band