

Hand & Arm Trainers



- ✓ Coated surface
- ✓ Improves fine and gross motor skills

1 | Sport-Thieme 'Physio Ball' Hand Trainer

An ingenious and versatile solution for hand, finger and forearm training. The flexible balls are filled with different strength gels. Comes with 12 exercise examples for improving fine and gross motor skills, increasing agility and gripping strength, stress reduction and finger coordination. Also suitable for warm and cold therapy (microwave/freezer), ø 5 cm.

- 71 216 4700 Yellow, extra-low Each
- 71 216 4713 Red, low Each
- 71 216 4726 Green, medium Each
- 71 216 4739 Blue, high Each

2 | Set of 4 Physio Balls in a Box

A wooden box filled with one physio ball of each colour: yellow, red, green, blue.

71 147 8916



Set

Set



4 | Togu 'Anti-Stress Ball' Set

Strengthens your hand and finger muscles. Soft material for optimal distribution of pressure. Ideal for therapy, as well as relaxation and corrective exercises. Air-filled with a needle valve.

Set includes:

12 balls: 4 blue, 4 Ruby Red, 4 anthracite

71 265 8100

12-piece set



Top rated

sport-thieme.com



Judith wrote:

"This therapy dough stays really clean and can be used repeatedly."



3 | Sport-Thieme Therapy Dough

For exercising and strengthening fingers and hands after operations, injuries and in cases of rheumatic complaints. Therapy dough can also be used as a hand trainer. It is non-toxic, non-greasy and anti-microbial, meaning it will remain hygienic even after a lot of use. Incl. exercise instructions.

Colour	Consistency:	85 g pot Product code	450 g pot Product code
Beige	Extra soft	71 188 8241	71 188 8124
Yellow	Soft	71 188 8209	71 188 8137
Red	Medium	71 188 8212	71 188 8140
Green	Firm	71 188 8225	71 188 8153
Coral red	Extra firm	71 188 8238	

Set



5 | Nohrd Haptic Ball

For strengthening, stimulation and coordination training. Also suitable for reducing stress and for mobilisation. Strengthens your hand and lower arm muscles. Encourages blood circulation. Iron granulate filling for a pleasant feel. Made of leather. Brown.

71 282 4000 300 g, ø 6 cm

71 282 4013 650 g, ø 7 cm

71 282 4026 1,250 g, ø 8 cm

71 282 4039 2,100 g, ø 10 cm

Each
Each
Each
Each

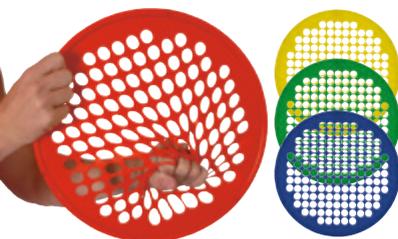


6 | 'Peanut' Hand Trainer

Squeeze, twist, stretch – these flexible 'peanuts' train the joints and muscles from the finger to the forearm. Hygienic and durable. L: 18 cm, ø 6 cm. Three peanuts with different difficulty levels.

71 208 1801

3-piece set



7 | Sport-Thieme Hand Trainer Web

The ultimate training aid for fingers, hands, feet and arms. All movements are intensified (bending, stretching, rotating, opposition). You can train individual fingers or also both hands. Ideal for relaxing fingers after working with a mouse and keyboard. For strengthening and rehabilitation. ø 36 cm.

71 219 4208 Yellow, extra-low

71 219 4211 Green, low

71 219 4224 Red, medium

71 219 4237 Blue, high

Each
Each
Each
Each



8 | Sport-Thieme Finger Trainer Set

Fitness for the fingers: promotes strength, mobility and dexterity. Suitable for finger stretching exercises, as well as therapy, fitness and home training. The colours differentiate between strengths: yellow: low, green: medium, red: high, blue: extra high. Approx. 8.5x8 cm. Hard-wearing, flexible plastic.

71 263 7004

4-piece set



9 | 'Handmaster' Hand Trainer Set

Strengthens the entire hand, finger and lower arm muscles (adductors and abductors). Balls made from coated foam with rubber loops, ø 7 cm. 3 different strengths.

71 208 4800

Set of 3