

Hand Exercise Balls - Full Set of 5.

This full set of Hand Exercise Balls provide the user with the opportunity to develop their grip in a progressive and structured way, gently squeezing the gel balls can help users in developing or regaining their grip. Hand Exercise Balls are very easy to use therapeutic aids that offer variable levels of resistance training exercises for strengthening weakened or injured hands, fingers and forearms. The gel balls are pleasant to touch and return back to their original shape after each squeeze. Our range of gel balls is colour coded to provide variable resistance training for hands, fingers and forearms. Perfect for use at home, the office or the clinic, gel balls are small enough to keep in a handbag or pocket for easy transportation.

Product Specification:

- One full set of hand exercise balls
- Perfect aid for rehabilitating hand strength
- Wide range of resistance for specific needs
- Small enough for ease of transportation
- Suitable for use in home, office or clinic
- Gel balls weight 300 gms (set of 5)

