

**Hot or Cold Therapy:**

Heating the Eggsercizer in a container of warm water for 3 to 4 minutes prior to activities could improve peripheral circulation in the hand and fingers by affecting superficial vasodilation within the muscular system. Chilling the Eggsercizer in a refrigerator could reduce local edema and desensitize painful areas.

**Caution:**

Do not place the Eggsercizer alone in a microwave. Always heat fully immersed in a cup of water.

**Care & Cleaning:**

If used properly, the Eggsercizer will give long and trouble-free use. If it becomes dirty, simply wash in warm soapy water, rinse, and pat dry with a cloth towel. (Do not use a paper towel as this may leave lint on the Eggsercizer surface.) Dusting the surface of the Eggsercizer with baby powder or talcum powder will remove any surface tackiness on the product.

**Instruction/Care Guide**

The Eggsercizer® Resistive Hand Exerciser was designed to provide effective resistive hand therapy in a convenient, inexpensive form. The Eggsercizer is made from a visco-elastic polymer and molded in the shape of an egg so that it fits the natural contours of the hand.

The Eggsercizer is very simple and pleasant to use. It permits a wide variety of exercises for the fingers, hand, wrist and forearm muscles. Regular use will improve grip strength, increase dexterity and mobility, develop motor skills and generally improve circulation.

The Eggsercizer is available in four color-coded densities making it suitable for most stages of rehabilitation:

Orange - Extra Soft	Green - Soft
Blue - Medium	Plum - Firm

**Uses:**

- Muscle Strength Improvement
- Grip Strengthening
- Dexterity and Mobility Improvement
- Rheumatoid Joint Loosening
- Sport Strength Training
- Stress Reduction
- Repetitive Stress Injury (RSI) Treatment

**Directions for Use:**

Follow the instructions and recommendations of your Doctor or Therapist. Read the instructions in full prior to using the Eggsercizer. Do not exceed the prescribed number of repetitions or the specified treatment period. Consult your Doctor or Therapist if soreness or inflammation occurs.

**Magister Corporation** 

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## Grip Strength Supinated

With the Eggsercizer in the palm of your hand and the narrow end pointed away from your thumb, turn your forearm and hand so that the palm faces upward. Using all your fingers, squeeze and release. Repeat.

### Therapist Note:

Squeezing the Eggsercizer in a supinated position will help to improve gross motor strength of the flexor carpi radialis and the flexor carpi ulnaris musculature. The flexor digitorum superficialis will be strengthened, and the supinator will also increase in strength.

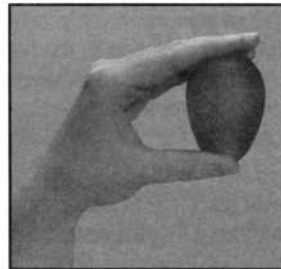


## Pinch Grip

Hold the Eggsercizer between the thumb and index finger, pointed end toward the thumb. Squeeze and release. Repeat.

### Therapist Note:

Placing the Eggsercizer between the thumb and index finger and applying pressure will aid in increasing the pinch strength of the flexor pollicis brevis, the flexor pollicis longus and the lumbricales of the index finger.

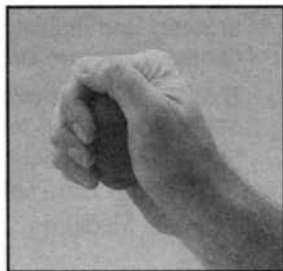


## Grip Strength Pronated

With the Eggsercizer in the palm of your hand and the narrow end pointed away from your thumb, turn your forearm and hand so that the palm faces downward. Using all your fingers, squeeze and release. Repeat.

### Therapist Note:

Squeezing the Eggsercizer with the arm pronated will increase strength of the flexor carpi radialis, flexor carpi ulnaris, flexor digitorum superficialis, and the pronator teres and the pronator quadratus. Additional affected muscles will be the flexor digitorum profundus, flexor digitorum superficialis.

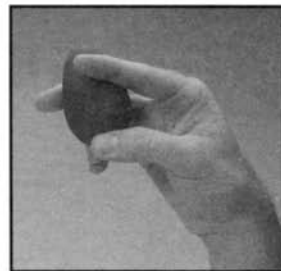


## Finger Adduction

With the narrow end pointing away from the palm of your hand, place the Eggsercizer between your index and middle fingers. Then squeeze fingers together with a scissors action and release. Repeat.

### Therapist Note:

Placing the Eggsercizer between the second and third digits and squeezing will assist in strengthening the muscles of adduction in the hand and wrist, including the extensor carpi radialis brevis, the extensor carpi radialis longus and the extensor carpi ulnaris.



## Finger Flexion

Place the Eggsercizer in the palm of your hand with the narrow end pointed toward the thumb. Using one finger at a time, squeeze and release.

### Therapist Note:

Placing the Eggsercizer in the hand with the pointed side facing the ulnar direction and squeezing with each individual digit will help to increase intrinsic strength of the lumbricales which will increase flexion strength at the metacarpophalangeal joints.



## Thumb Flexion

Place the Eggsercizer in the palm of your hand with the narrow end between the thumb and index finger, squeeze the thumb towards the index finger, apply pressure on the Eggsercizer. Hold, then relax and repeat.

### Therapist Note:

Placing the Eggsercizer in the hand with the pointed side between the thumb and index finger and applying pressure with the thumb on the Eggsercizer will help increase the intrinsic strength of the thumb muscles.

