



Graded Pinch Exerciser

The CanDo® Graded Pinch Exerciser can help increase strength, coordination, and range of motion of all upper extremities: fingers, wrists, forearms and shoulders.

- Squeeze each pinchpin to improve pinch strength and coordination
- Place pinchpin on one of the different diameter horizontal cross rods or the vertical rod
- Horizontal rod is ideal for finger, wrist and forearm ROM exercises
- Vertical rod comes in three pieces to customize height. Use for finger, wrist, forearm and shoulder ROM exercises
- Pinchpin exerciser can be used alone to perform simple pinch exercises
- Pinch resistance can be increased by either placing the exerciser on a wider diameter horizontal rod, or by switching to a pinchpin of a higher resistance
- Color-coded pinchpins vary in resistance level (force to squeeze pinchpin)

Complete set includes:

- Exercise box with 3 different diameter horizontal cross rods (3/8", 3/10" and 1/10" diameter)
- 1 three-piece vertical rod for shoulder ROM exercise
- 50 color-coded pinch exercisers (10 of each resistance)

complete set

10-0840 graded pinch exerciser set

replacement pinchpins (10 each)

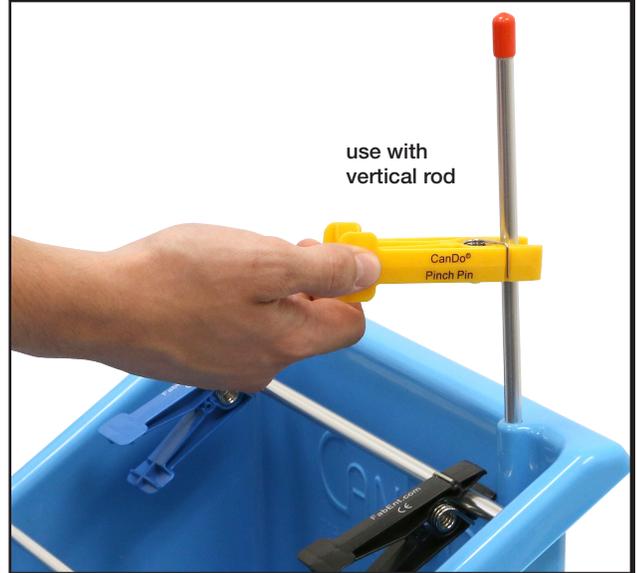
	resistance	pinch force when squeezed			
		3/8" (0.95 cm)		1" (2.54 cm)	
10-0841	yellow	1 lb	(0.45 kg)	2 lb	(0.90 kg)
10-0842	red	2 lb	(0.90 kg)	4 lb	(1.81 kg)
10-0843	green	4 lb	(1.81 kg)	8 lb	(3.63 kg)
10-0844	blue	6 lb	(2.72 kg)	12 lb	(5.45 kg)
10-0845	black	8 lb	(3.63 kg)	16 lb	(7.27 kg)
10-0846	set of 10 (2 each resistance level)				



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use with horizontal rods



use with vertical rod



graded pinch exerciser set