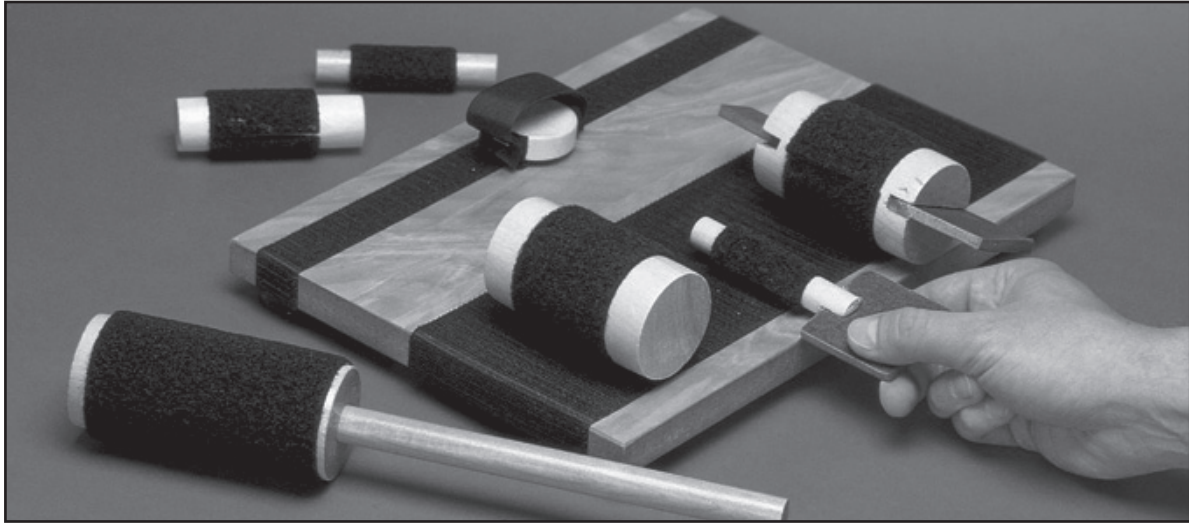


# Velcro® Hand Exerciser - 44151



The Velcro® Hand Exerciser is a resistive exercise designed to facilitate fine motor coordination and strength by rolling a variety of Velcro® wrapped dowels on a resistive surface.

## Components:

The Velcro® Hand Exerciser consists of a 9" x 13" x 3/4" board lined with two strips heavy-duty Velcro® hook which are 1" and 4" wide. The board has 4 suction cups attached to the bottom surface allowing secure attachment onto the tabletop.

Seven cylindrical dowels in a variety of sizes are included. The dowels range from 1/2" to 2" in diameter and are wrapped with heavy-duty Velcro® loop. Four of the dowels have either extending bars, circular grips, or square grips.

**S&S** Worldwide  
75 Mill Street, Colchester CT 06415  
Toll Free 1-800-243-9232  
Online: [ssww.com](http://ssww.com)

## Goals:

The Velcro® Hand Exerciser is designed to facilitate unilateral fine motor coordination, grasp strength, and finger dexterity. The activity demands few cognitive-perceptual skills.

### Fine Motor:

- Cylindrical grasp
- Lateral, 3-jaw-chuck and pincer grasp
- Grasp strength
- Finger flexion and extension
- Wrist flexion and extension
- Ulnar and radial deviation
- Supination and pronation

### Visual-Perceptual:

- Eye-Hand coordination
- Size discrimination
- Position in space and spatial orientation

### Cognitive:

- Sustained attention
- Problem solving

### Gross Motor:

- Elbow flexion and extension
- Shoulder flexion
- Shoulder stability

## Set Up:

The Velcro® Exercise Board can be placed on a tabletop by securing the board with the suction cups. The dowels should be placed on the board so that the Velcro loop and the Velcro hook are in contact. The protruding bars and knobs on the dowels should extend over the edge of the board to allow turning the knobs to rotate the dowels.

Only one dowel at a time should be placed on the Velcro board to allow the maximum amount of rolling space. However, it is recommended that all the dowels be securely reattached to the board after every use to avoid misplacing them.

## Instructions:

The Velcro® Hand Exerciser should be set up in front of the client with the suction cups securely attached to the tabletop. Only one dowel needs to be placed on the board. Clients are required to roll the dowels along the board in a repetitive fashion with either a cylindrical, 3-jaw-chuck, pincer, or lateral grasp.

The least amount of strength is required to roll the dowels if the dowel is placed on the board with only minimal overlap between the two Velcro surfaces. The more overlap there is the more resistance, and more strength is needed to roll the dowels. Therefore, clients with a weak grasp should begin the activity with only minimal overlap between the two Velcro surfaces. One can grade the activity by measuring the amount of overlap or increasing the number of repetitions.

Clients with weak finger flexion can roll the dowel with the palmar surface of their hand. To facilitate a pincer, 3-jaw-chuck, or lateral grasp the dowels can be turned by the grips attached to the side of the dowels. Full finger flexion can be achieved using the 2" diameter dowel by grasping the extending bar.

*The above directions provided by S&S® are recommended but not inclusive. Therapists may use the Velcro® Hand Exerciser to facilitate other skills in addition to the ones suggested. However, when using the activity in a manner not described, the therapists should use their professional judgement to ensure the client's safety.*