

## Hand Therapy and Exercise Ball from PLAYWORK

Believe it or not, a seemingly effortless movement of a hand, wrist, or fingers involves hard work of no less than 18 muscles. Every day, your hands perform a variety of essential tasks, from turning doorknobs and typing on a keyboard, to simply gripping the steering wheel or holding a glass of water.

Whether you are an athlete who loves racquet sports, a fine artist, or a regular person far from fine motor activities, your hand muscles can be injured or weakened from repetitive movements, a constrained posture, or stress on the joints. This, in turn, could lead to a movement dysfunction or painful disorder like tendonitis, tenosynovitis, carpal tunnel syndrome, or finger or hand arthritis.

Luckily, practicing simple hand therapy exercises with a specially-designed exercise ball can prove to be effective for improving the performance of daily tasks and rebuilding strength and flexibility in your hand, wrist, or finger muscles.

### Introducing PLAYBALL: One-of-a-Kind Hand Therapy Equipment

The hand exercise ball from PLAYWORK is specially designed to help exercise and rehabilitate the hand, wrist, fingers, and forearms from disorders or injuries. Our innovative therapy ball (PLAYBALL) provides a strong level of resistance and helps increase the range of motion, build up strength, and relieve pressure on arthritic joints.

PLAYBALL is made from soft rubber for increased durability and grip. It can be used for exercises in clinics, hospitals, rehabilitation centres, sport medicine facilities, or simply at home.

### State-of-the-Art Technology

The exercise ball from PLAYWORK is more than your regular rubber hand exercise ball. It employs an innovative IoT (Internet of Things) technology to turn regular rehabilitation and physical therapy exercises into an engaging, gamified process. You can have fun and enjoy specially designed hand therapy games, all while our smart product monitors your performance and generates a data-driven care plan.

### Why PLAYBALL?

With an endless variety of hand exercise balls available on the market, we were determined to create a one-of-a-kind alternative to make the therapy process simple, effective, and, most importantly, enjoyable.

Some of the main benefits of PLAYBALL include:

- **Strengthens hands.** Improve mobility, strength, and dexterity in the hands, wrists, fingers, and forearms.
- **Reduces stiffness and pain.** Relieves carpal tunnel and arthritis pain and stiffness by improving circulation through the hand and forearm.

- **Created for comfort.** Perfectly sized for an adult hand, our exercise ball ensures a comfortable, non-slip grip.
- **Relieves stress.** Useful as a portable stress outlet for students and adults alike, the hand therapy ball from PLAYWORK can help to relieve tension, stress, and anxiety.
- **Implements unique IoT technology.** With PLAYBALL, regular physiotherapy or rehabilitation exercises can be turned into a fun and engaging activity.

## **Take Your Hand Exercises to the Next Level with PLAYBALL**

PLAYBALL was designed for hundreds of common hand therapy ball techniques, and the best part is that you can invent and create your own games and exercises.

Review our tutorial videos and try out some of the pre-installed exercises to:

- Regain and preserve hand function with a one or two-hands movement with pressure
- Improve grip function through squeezing activity
- Improve hand and arm coordination and stability
- Improve hand-eye coordination

...and more! The possibilities are virtually endless.

**[Buy PLAYBALL today.](#)**