

Assess Your Strength


To get a sense of your maximum grip strength, squeeze the ball as hard as possible, then release. Now, squeeze the ball with about half as much pressure, then repeat. Your goal is to maintain about one-quarter of your maximum possible pressure, to exercise the hand without inducing further strain.

Warm Up

Squeeze the ball briefly but firmly 10 to 20 times. Switch to your other hand. Although you feel no strain on your less dominant side, your hands work in tandem throughout the day. Your body can benefit from strength and flexibility training on both sides.


Squeeze Ball Red Flags

Hand or wrist strain with swelling and inflammation, severely impaired basic function or pain along the entire side of the body may be the sign of a serious medical condition and require professional attention. As with any exercise equipment, use Squeeze Balls & Eggs in moderation and only after consulting a trained and licensed healthcare professional.




Finger Strength

Pinch the ball between your thumb and various fingers, noting variations in strength between the digits. Press equally with each finger to avoid muscle strain around the thumb. You can also use one hand to try to pry the ball away from the other hand. Rest your hands as soon as they feel tired.




Grip Strength

Squeeze the ball for five seconds, then release. Note any tension or discomfort in your fingers and wrist, then adjust your pressure accordingly. Do not strain. Squeeze the ball again, firmly but without any discomfort. Repeat five to 10 times.




Thumb Extension

Hold the Squeeze Egg between your index, middlefinger and thumb, the thumb being curled inward. Extend your thumb, trying to drive it into the egg.




Wrist Strain

Gripping the Squeeze Ball with both hands, twist each hand as if opening a jar lid, then twist the other direction. Be extremely careful with this exercise as it can induce further wrist strain.




Scissor Fingers

Hold the Squeeze Egg between two fingers. Squeeze the fingers inward, mimicking a pair of scissors.




Egg Squash

Hold the Squeeze Egg between the palms of your hands, in front of your chest. Squeeze the egg, pushing both hands toward each other.



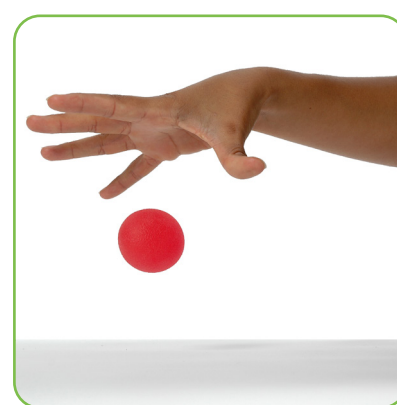
Palm Strain II

Roll the Squeeze Ball on a hard surface with the hand flat.




Finger Extension

Hold the Squeeze Egg in the palm of your hand, curling one finger inward. Try to extend the finger into the egg.




Bouncing Ball

Lean your elbow on the table while holding a Squeeze Ball, your forearm in a 45° angle. Throw the Ball to the table and catch it when it bounces back. Repeat. For additional challenge, try this exercise with a Squeeze Egg.



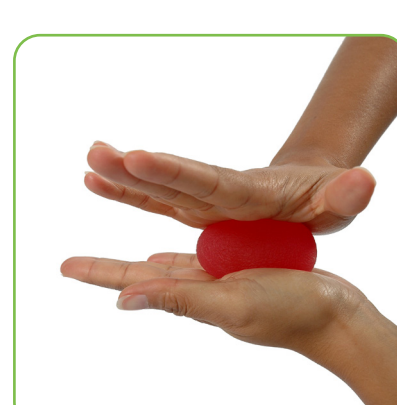
Palm Strain I

Roll the Squeeze Ball between your palms. You can also roll the ball between your forefinger and thumb to relieve tension induced by using the computer mouse.



Finger Flip

Place the Squeeze Egg between 3 fingers, one underneath, two on top. Now roll the Egg one finger left or right, holding it with two fingers underneath and one on top. Repeat till you reach the last finger of your hand and then change direction.



Alternate Egg Squash

Hold the Squeeze Egg between the palms of your hands, your left hand facing up. Squeeze the egg, pushing both hands toward each other. Flip both hands horizontal, your right hand facing up. Squeeze and repeat.

More exercises on www.moves-you.com,  and 