



## Varigrip Therapy CE



*Resistance adjustable per finger*

The VariGrip Therapy has the ability to adjust tension in each individual finger, the resistance from each single finger knob can easily be adjusted. Resistance can be increased incrementally on the patient's need, which minimises over-compensation and strain. The VariGrip allows the patient to progress steadily between resistance levels.

5 different resistance levels are available.

Comparison Chart: VariGrip vs Digi-Flex® / Flex-Ion (kg per digit)

VariGrip	X-Light	Light	Medium	Heavy	X-Heavy					
Digi-Flex® / Flex-Ion	0,7	1,4	1,4	2,3	2,3	3,2	3,2	4,1	4,1	n/a

Each VariGrip's highest resistance ends where the next VariGrip resistance starts. Any other hand exerciser increases from Light (1,4kg) to Medium (2,3kg). That's almost a 70% increase gap, which can cause an overload on the muscles, resulting in injuries. The seamless progress from one VariGrip to the other, supported by the padded finger and palm area, guarantees a safe recovery and better feel for those with sensitivity issues.

COLOUR	RESISTANCE (range per digit)	LEVEL	REFERENCE	UNIT
X-Light	0,7kg - 1,4kg	1	02-100102	1 pc
Light	1,4kg - 2,3kg	2	02-100103	1 pc
Medium	2,3kg - 3,2kg	3	02-100104	1 pc
Heavy	3,2kg - 4,1kg	4	02-100105	1 pc
X-Heavy	4,1kg - 5,4kg	5	02-100106	1 pc
VariGrip Set   5 Resistances   1 Display			02-100107	set
VariGrip Empty Display   Plastic			02-100108	1 pc



## Varigrip Sport CE



*Resistance adjustable per finger*

VariGrip Sport has the patented ability to adjust the tension level in each individual finger, allowing the user to create a custom programme to build and improve endurance, strength and dexterity more effectively for individual fingers, as well as the entire hand, wrist and forearm.

VariGrip Sport is the only exerciser of its kind that includes a callus builder, ideal for climbers, gymnasts, gamers, musicians and athletes of all levels.

02-100304

Reference	Description	Resistance (kg)	Unit
02-100303	VariGrip Sport	2,3 - 4,1	1 pc
02-100304	VariGrip Sport Pro	4,1 - 5,4	1 pc



02-100303



## Varigrip Uno CE



*Both flexion and extension*

The only thumb/individual finger exerciser with adjustable resistance for both flexion and extension. An ergonomic design with stabilisation points offers extra support.

Gradually adjust resistance and better track progression based on the patients needs. Benefits are improved strength, dexterity, endurance and range of motion.

Light Spring	0,7kg - 2,3kg
Heavy Spring	2,3kg - 3,6kg

The VariGrip Uno includes two easily interchangeable springs. The red spring allows a light resistance for early therapy or light training. Once a higher resistance is required the red spring can be swapped by the green spring, allowing a higher resistance.

*Soft touch thumb button*

Adjustable resistance allows a smooth transition between resistance levels



Reference	Description	Unit
02-100204	VariGrip Uno	1 pc