



Theraband hand exerciser



The Theraband hand trainer for strengthening the hand, finger and forearm muscles. Available in 4 different strengths.

CHF 27.90

Theraband hand trainers are used to strengthen the hand, fingers, forearm and for coordination training. They can also be used for stress relief and for cold (refrigerator) and heat therapy (microwave, warm water). The hand trainers are easy to clean and offer a wide range of applications in therapy, sports, fitness and wellness thanks to five different degrees of hardness.