

# **active hands** Gripping Aids

*Giving you the independence to live the life you want*

Active Hands are an award winning design that allow those who are limited by weak grip or poor hand function to participate in a wide range of activities in the home, gym, and the outdoors. When tightened the gripping aids gently pull the hand into a fist shape and can be adjusted to hold items in the palm. Exercise aids attach or slip over the handles and components of exercise equipment.

## AH1 MINI GRIPPING AID



## AH1 GENERAL PURPOSE GRIPPING AID



## AH2 OUTDOOR GRIPPING AID



## AH3 LOOPED EXERCISE AIDS



## AH4 HEAVY USE GRIPPING WRAP



## AH5 D-RING EXERCISE AID



## AHLD LIMB DIFFERENCE GRIPPING AID



**C1 SOUTH**

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### AH1 Mini

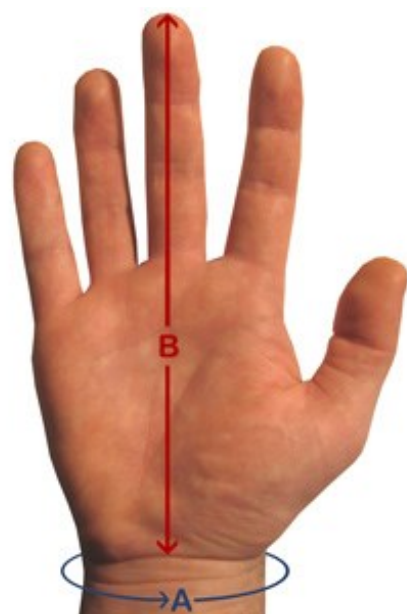
- Allows children under five to ride an adaptive tricycle and enjoy other play activities. Enables little hands to hold onto handlebars tightly and securely.
- Available in left/right options in mini sizing (see chart below). Blue or pink. Each sold separately.

### AH1 General Purpose

- Allows users to participate in a range of activities such as working out in the gym, using some gaming consoles, home DIY and maintenance, holding a pool or snooker cue, rowing or kayaking, gardening, holding a glass or bottle, and more.
- Available in left/right options in small, standard or large sizing (see chart below). Each sold separately.

### AH2 Outdoor/Winter Sports

- Designed to be worn over gloves, allowing users to participate in outdoor activities (e.g. gardening) or winter sports (e.g. skiing) while ensuring their hands are kept warm .
- Available in left/right options in standard sizing (see chart below). Each sold separately.



### AH1 MINI, AH1 & AH2 MEASUREMENT & SIZE GUIDE

**A** = circumference of narrowest part of wrist

**B** = length from crease line (where hand joins wrist) to tip of middle finger

	A: Wrist	B: Wrist to Middle Finger
Mini (children up to age 5)	120mm - 140mm	120mm - 140mm
Small (5+ and petite adults)	135mm - 150mm	135mm - 175mm
Standard (adults)	145mm - 185mm	175mm - 210mm
Large (adults with larger hands)	180mm - 220mm	195mm - 280mm

Note: Measurements and age guides are approximate only

### AH3 Looped Exercise Aids

- Features strong loops that slip over the handles of certain exercise equipment (e.g. rowing machines, pull down weights) and sporting equipment (e.g. hand bikes).
- Available in standard (130mm - 180mm wrist circumference) or large (175mm - 260mm wrist circumference) sizing. Sold as a pair.

### AH4 D-Ring Exercise Aids

- Allows users to use certain equipment by attachment directly to the carabiner on gym equipment (e.g. cable and pulley machines). Gives the benefit of a greater range of movement as well as pulling directly from the wrist.
- Available in standard (130mm - 180mm wrist circumference) or large (175mm - 260mm wrist circumference) sizing. Sold as a pair.

### AH5 Heavy Use Gripping Wrap

- Provides comfort and better grip when held objects may become uncomfortable and lead to chafing under some of the more demanding activities enabled by Active Hands. Also prevents unwanted rotation of the held item.
- Available in one size. Each sold separately.

### AHLD Limb Difference Gripping Aid

- Allows users with a limb difference affecting their hands or fingers to participate in a range of activities around the home, gym or outdoors.
- Ideal for those who have some or all of their fingers, or parts of their hand missing.
- Available in left/right options in standard sizing (135mm - 170mm wrist circumference). Each sold separately.
- Small and large sizing available for purchase only / special order.