



# FULL GRIP

Grip the putty with all of your fingers



Improve grip strength



**Sanctband**<sup>TM</sup>  
*Better in Everyway*



# FINGER

Roll putty into a ball shape and place between two fingers then squeeze together



Improve finger strength

**Sanctband**<sup>TM</sup>  
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# THUMB ADDUCTION

Roll putty and place between thumb and index fingers then squeeze together



Improve thumb grip

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