

IMAK[®]
ERGO

effective products for
ergonomic comfort

Stress Ball

Designed by an Orthopedic Surgeon



Ideal to use for:

Hand Exercises and Strengthening
Post-Surgery Rehabilitation
Stress Relief

Key benefits:

Utilizes ergoBead[®] technology
Squeezable stress relief
Made of a soft cotton blend for
comfort and stretch

Item numbers:

A10129 (Blue)
A10130 (Black)
A10156 (Gray)

Washable • Not made with natural rubber latex

Doctor's Hand-Strengthening Tips

StressBall is ideal for isometric hand strengthening and hand rehabilitation. Helps with managing and healing scar tissue. Also great for stress relief.

The following simple isometric hand exercise generally works well for strengthening your hands. Hold the ergoBeads[®] Stress Ball in your hand and squeeze as hard as you can for 30 seconds. Then release. Repeat 3 times per day.



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