

**IMAK<sup>®</sup>**  
**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<sup>®</sup> 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<sup>®</sup> Stress Ball in your hand and squeeze as hard as you can for 30 seconds. Then release. Repeat 3 times per day.

  
www.brownmed.com



**Executive**  
101 Federal Street, 29th Floor  
Boston, MA 02110  
P 857-317-3354  
F 857-317-3355

**Sales**  
4435 Main Street, Suite 820  
Kansas City, MO 64111  
TF 877-853-5518  
P 816-581-7001  
F 816-581-7005

**Manufacturing**  
1300 Lundberg Drive West  
Spirit Lake, IA 51360  
P 712-336-4395  
F 712-336-2874

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