

Assess Your Strength

To get a sense of your maximum grip strength, squeeze the ball as hard as possible, then release. Now, squeeze the ball with about half as much pressure, then repeat. Your goal is to maintain about one-quarter of your maximum possible pressure, to exercise the hand without inducing further strain.

Warm Up

Squeeze the ball briefly but firmly 10 to 20 times. Switch to your other hand. Although you feel no strain on your less dominant side, your hands work in tandem throughout the day. Your body can benefit from strength and flexibility training on both sides.

Squeeze Ball Red Flags

Hand or wrist strain with swelling and inflammation, severely impaired basic function or pain along the entire side of the body may be the sign of a serious medical condition and require professional attention. As with any exercise equipment, use Squeeze Balls & Eggs in moderation and only after consulting a trained and licensed healthcare professional.



Finger Strength

Pinch the ball between your thumb and various fingers, noting variations in strength between the digits. Press equally with each finger to avoid muscle strain around the thumb. You can also use one hand to try to pry the ball away from the other hand. Rest your hands as soon as they feel tired.



Palm Strain I

Roll the Squeeze Ball between your palms. You can also roll the ball between your forefinger and thumb to relieve tension induced by using the computer mouse.



Thumb Extension

Hold the Squeeze Egg between your index, middle, and ring fingers, the thumb being curled inward. Extend your thumb, trying to drive it into the egg.



Grip Strength

Squeeze the ball for five seconds, then release. Note any tension or discomfort in your fingers and wrist, then adjust your pressure accordingly. Do not strain. Squeeze the ball again, firmly but without any discomfort. Repeat five to 10 times.