



ACTIVE HANDS

GRIPPING AIDS SERIES



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Why Active Hands?



Inclusive
Design



Promote
Independence



Enhance
Life

Active Hands gripping aids help to firm up your hand to a gripping shape, enabling you to hold tightly onto objects from hammers to garden tools.

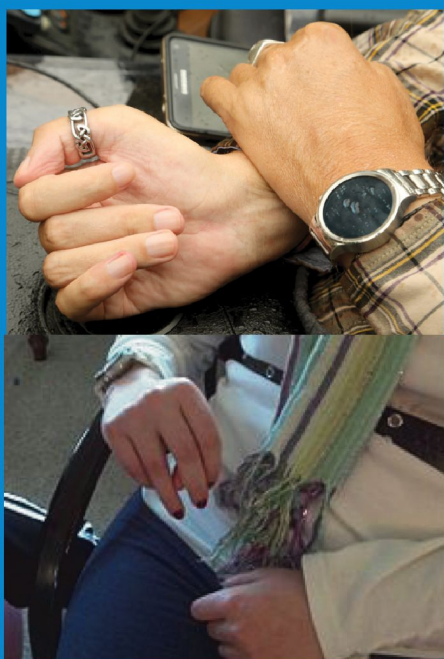
Our gripping aids are designed so that the user can put them on independently.

They are ideal for people with tetraplegia, people with cerebral palsy, people recovering from stroke, people with impaired hand functions or people with limb differences.

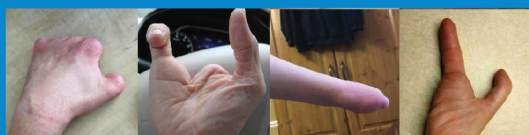
Active Hands gives you more freedom and independence with the use of our gripping products.

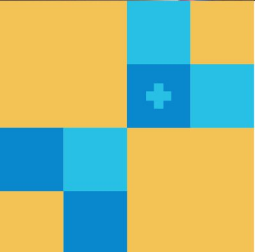
Choosing the right grip

How Does Your Disability Affect You?	What Do You Want To Grip?	Which Aid Is Right For You?
Reduced hand function / Poor finger strength tremors or involuntary movement (This may include people with Spinal Cord Injury, MS, cerebral palsy, Guillan- Barré Syndrome, muscular dystrophy, spina bific, stroke survivors and other similar disabilities).	Gym equipment	General Purpose gripping aids D-ring gripping aid Looped exercise aid Hook aids
	DIY tools	General Purpose gripping aid
	Kitchen implements & utensils	
	Sports equipment e.g. rowing, kayaking etc	General Purpose gripping aid Looped Exercise aid Hook aids
	Gardening tools	General Purpose gripping aid
	Winter sports equipment e.g. adaptive skiing	Winter Sports aid
	Small diameter item e.g. pen, make-up, toothbrush	Small Item gripping aid
	Adaptive tricycle or children's walking frame	General Purpose Mini aid General Purpose gripping aid



How Does Your Disability Affect You?	What Do You Want To Grip?	Which Aid Is Right For You?
Missing fingers / Missing parts of hands This may include people with dysmelia (conditions from birth), or amputation, illness or injury later in life.	Gym equipment	Limb Difference gripping aid D-ring gripping aid Looped exercise aid
	DIY tools	Limb Difference gripping aid
	Kitchen implements & utensils	
	Sports equipment eg. rowing, kayaking etc	
	Gardening tools	





General Purpose gripping aid (AH1)

AH1 is the most versatile gripping aid, the AH1 can be used for a wide range of activities.

AH1 functions by tightening the strap in the upper section, which gently pulls the hand into a fist shape, adjusting to hold items in the palm. The wrist strap is also adjustable and the aid is padded to reduce chafing. The aids are machine washable.

Sold individually

Size options: Small, Standard and Large

Colour options: Black or Pink



General Purpose

Mini gripping aid (AH1M)

The same basic design as the AH1 adult aid sizes but designed for young children (under 5's). These aids assist children with many disabilities, including Cerebral Palsy, to grip items such as adapted tricycles and walkers, tools, instruments and toys.

The mini aids are designed to fasten from the top side rather than underneath with the adult aids, as it's usually put on by a parent or helper and fastening at the top enables them to be attached more easily. They are fully machine washable.

Sold individually
Size option: Mini
Colour options: Blue or Pink



Winter Sports aid (AH2)

These aids are a specialised winter sports product and in most cases the General Purpose aid will better suit most outdoor situations. These aids will not fit the user unless worn over thick gloves.

Sold individually
Size options: Standard size only

Size Guide for

General Purpose (AH1), General Purpose Mini (AH1M)
& Winter Sports aid (AH2)

A = circumference of narrowest part of wrist
B = length from crease line (where hand joins wrist)
to tip of middle finger

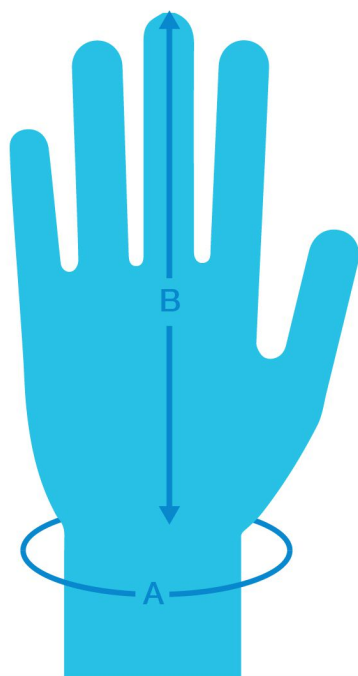
A: Wrist

Mini:	120mm – 140mm	4.7" – 5.5"
Small:	135mm – 150mm	5.3" – 5.9"
Standard:	145mm – 185mm	5.7" – 7.2"
Large:	180mm – 220mm	7.1" – 8.7"

B: Wrist to Middle Finger

Mini:	120mm – 140mm	4.7" – 5.5"
Small:	135mm – 175mm	5.3" – 6.9"
Standard:	175mm – 210mm	6.8" – 8.3"
Large:	195mm – 280mm	7.7" – 11"

Note: Measurements are approximate





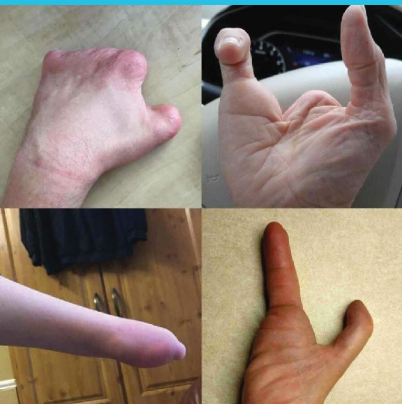
Limb Difference gripping aid (AH8)

The Limb Difference gripping aid is designed for users who have a limb difference affecting their hands or fingers. This may include those with dysmelia (conditions from birth), or those who have sustained a limb difference through amputation, injury or illness later in life. Our Limb Difference gripping aid is perfect for those who have some or all of their fingers, or parts of their hand, missing. As long as you have at least some widening at your wrist our grip should work for you (A wider section of the wrist is required as an anchor point to transfer the pulling force to, when using the gripping aids).

Sold individually
Size options: Small, Standard and Large

How it works?

The Limb Difference aid has a double-strap system. First, fasten the wrist section. Next, use the inner velcro strap to fix the item you wish to hold in your palm into place. Then, use the longer strap to hold it firmly in place. This longer strap comes over the back of your hand, through the buckle and back over the object.



Our Limb Difference gripping aid works with hands that have all or some of their fingers, or parts of hands missing, as long as there is some widening at the wrist.

For those who have all or most of their fingers, they will find our General Purpose gripping aid would suit them better.



Size Guide for Limb Difference gripping aid (AH8)

A = circumference of narrowest part of wrist

Small:	120mm – 155mm	4.7" – 6.1"
Standard:	135mm – 170mm	5.3" – 6.7"
Large:	150mm – 220mm	5.9" – 8.6"

Note: Measurements are approximate

The AH8 is available for right or left hand

Small Item gripping aid (AH9)

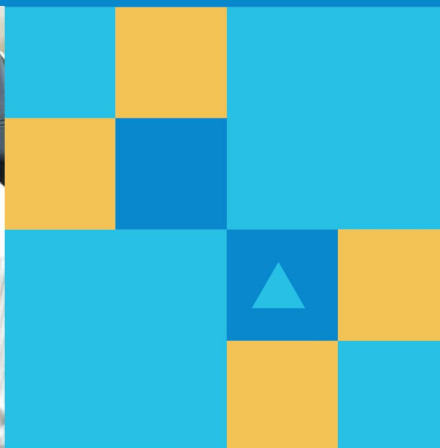
The Small Item gripping aid allows you to hold small diameter items such as make-up, bathroom, art and office products. Unlike other products on the market, this gripping aid is unique because it allows you to hold items at any angle you want.

The gloves are made from comfortable neoprene, which fits around the hand and wrist by securing two Velcro straps. The straps can be tightened with plastic rings, even with little or no finger strength.

A two-part system, consisting of a neoprene glove and a velcro-on palm pad, allows you to swap between palm pads quickly. The Small Item gripping aid comes with one glove component and one palm pad.

Sold individually

Size options: Small, Standard and Large

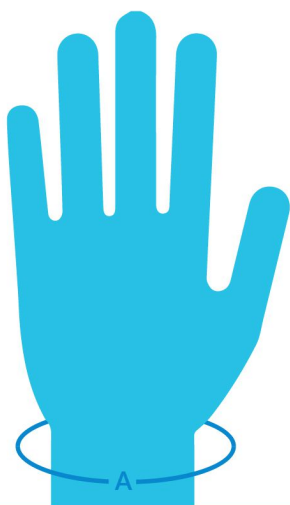


Pair of Extra Palm Pads (AH9PP)

Pack of 2 palm pads to go with your Small Item gripping aid.

Swap items on your Small Item gripping aid quickly by having a set of palm pads ready to go.

Sold as pair



Size Guide for Small Item gripping aid (AH9)

A = circumference of narrowest part of wrist

Small	135mm – 160mm	5.3" – 6.3"
Standard/Large:	160mm – 210mm	5.3" – 8.2"

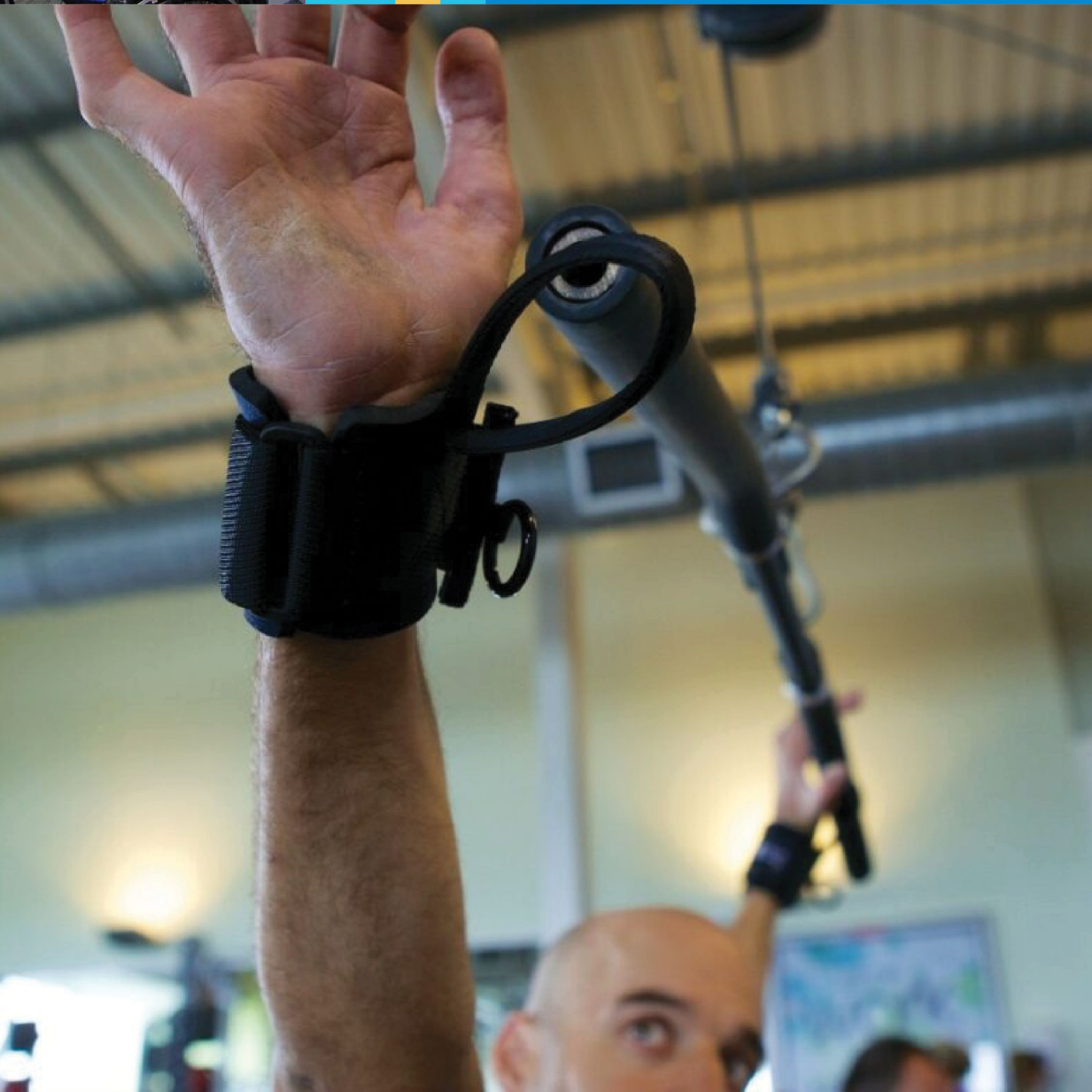
The small item aid does not need to fit as tightly as our other gripping aids. If you are borderline on the wrist size then consider your hand size across the knuckles: if it is greater than 18cm you may want to consider the Standard/Large size.



Looped exercise aids (AH3)

Ideal for the gym, our Looped Exercise aids feature strong loops, which can be slipped over the handles of some exercise machines. When not under tension the loops are held open, allowing them to be easily slid on and off equipment, such as lateral pull-down weight machines. This gives the user complete independence and the ability to 'let go' during rest periods.

Sold as pair
Size options: Small/Standard and Large



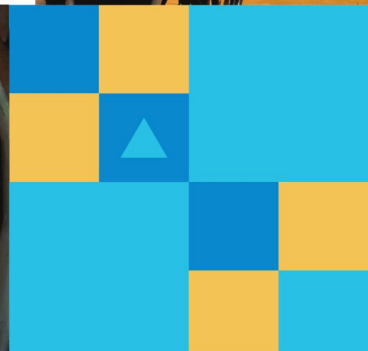
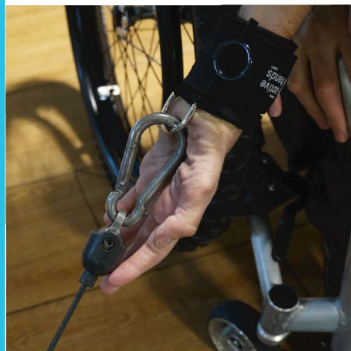
D-Ring aids (AH5)

These aids are beneficial for both those with weak hand function and those with limb difference. D-Ring aids are ideal for use in the gym. The wrist section is tightened using a strip of velcro with a ring on the end. Attached to this wrist section is a D-Ring which allows for attachment directly to the karabiner on to gym equipment, such as cable and pulley machines. This gives the benefit of a greater range of movement as well as pulling directly from the wrist.

These aids are beneficial for both those with weak hand function and those with limb differences.

Sold as pair

Size options: Small/Standard and Large



Hook aids (AH10)

The Hook aids are designed to enable you to grip and release equipment mostly in the gym or as part of exercise activity. This pair of Hook aids have been designed to be used on bars, machines with bar type handles, and some types of handlebars on bikes or hand bikes. They are great for situations where our Looped aids cannot be used, for example closed ended bars.

They are produced with a cleverly shaped strong stainless steel double hook, which gives stability when under tension and a pulling force that feels great and mimics a “real grip” feel when in use. The metal hooks have a thin v-shaped section as part of their design with an elastic loop attached. This innovative elastic loop is placed around a finger and prevents the hook from flopping down under its own weight when grabbing a bar overhead or when your arms are forward. This makes the Hook aid more versatile than existing hook devices, which only perform well when lifting upwards from the ground.

Sold as pair

Size options: Small/Standard and Large

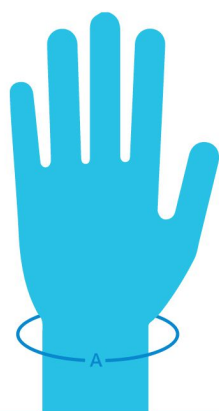
Size Guide for

Looped aids (AH3), D-Ring aids (AH5) & Hook aids (AH10)

A = circumference of narrowest part of wrist

Small/Standard:	135mm – 185mm	5.3” – 7.2”
Large:	180mm – 220mm	7.1” – 8.7”

Note: Measurements are approximate

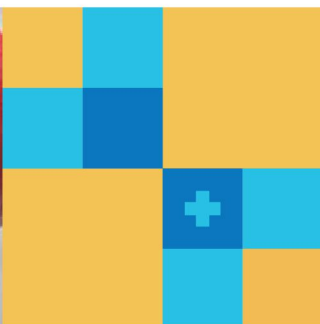




Heavy Use gripping wrap (AH4)

This padded gripping wrap can be used where extra comfort or padding is required, such as when holding a free-weight. The wrap “bulks out” the item being gripped, increases comfort on hard surfaces and reduces the possibility of rotation between the hand and the item gripped. It can also be pushed into position to protect the thumb from pushing against hard surfaces which can sometimes happen when holding items such as heavy weights. They are fully machine washable.

Sold individually



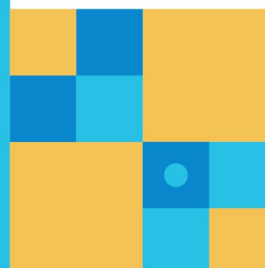
Storage Pouches (AH6)

These storage pouches are designed for those with poor hand function or finger strength. The loops at either end allow you to hold the zip with one finger, while the long loop allows for easy closing with fingers or teeth. The loop also makes carrying the pencil case around far easier.

It may look like a pencil case, but there are many uses for it; from wheelchair maintenance tools to personal care items, medication to make up. The cases are made from neoprene and available in 5 colour choices. They are fully machine washable.

Sold individually

Colour options: Black, Blue, Red, Pink, Camo



Thumb Protectors (AH7)

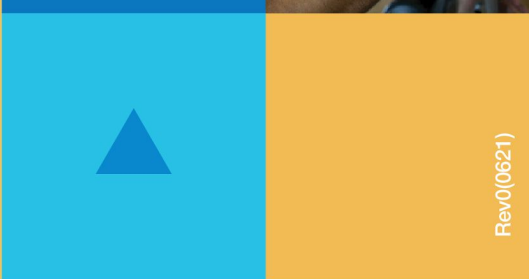
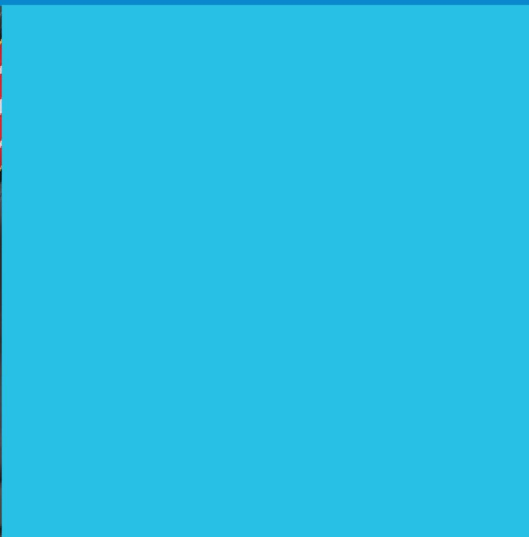
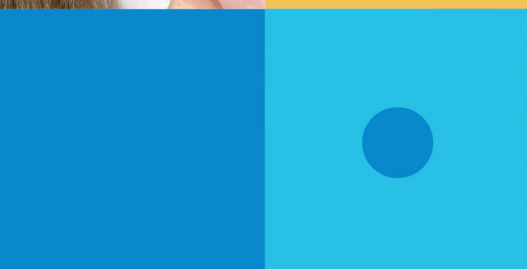
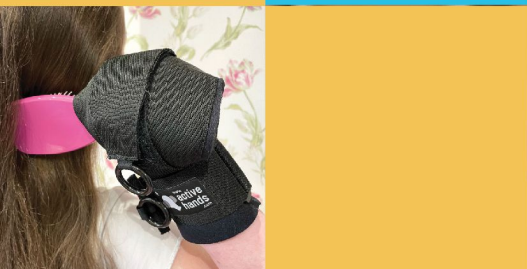
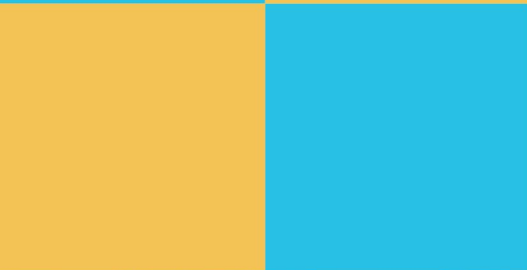
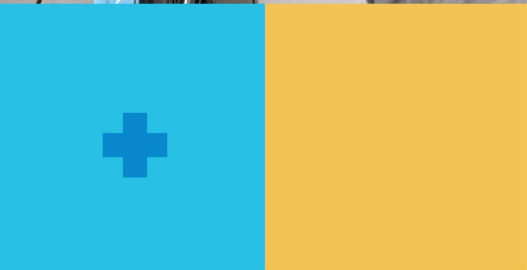
If you are lifting heavy weights with our gripping aids you can sometimes find your thumb pressing against the end of the weight. To prevent discomfort, a thumb protector can be put around the weight giving you a soft neoprene layer to rest your thumb against. The stiffer, grippy surface on the back holds them in place.

The thumb protector has slits around the centre to cater for a range of weight diameters or they can be cut to size if required. They are fully machine washable.

Sold individually

Size options: One size only







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