

# GRIPABLE

## StAble – Guide to Use

StAble has been designed to hold the GripAble device in a vertical and horizontal position. One StAble is required to hold GripAble vertical, and two to hold it horizontal. StAble has also been designed to allow the hand to position on a resting plate, should this be desirable for the user. This resting plate is removable.



GripAble sitting in the StAble in the vertical position.

No Resting Plate



GripAble sitting in the StAble

Hand holding without support



GripAble sitting in the StAble with hand rested on resting plate



GripAble sitting in two StAbles to place the device horizontal with finger plate can be uppermost



GripAble used as a force plate

Please ensure the resting plates are in position too



GripAble sitting in two StAbles to place the device horizontal with finger plate facing away

The application of StAble should be decided by the therapist to facilitate the best position and ability of the user. Please note, only grip and pinch activities are possible with GripAble in the StAble device.

- The lanyard strap should hang through the rear hole
- The charger fits through the rear hole
- None of the movement activities can be done with StAble in situ
- Please note, the GripAble device may be scratched by the use of the prototype StAble

### PinchAble – Guide to Use

PinchAble is in design to enable the user to assess and train their pinch grips. The vertical position should be used for pure (palmar), tip, tripod and five finger pinch. The horizontal position should be used for lateral (key) pinch. This ensures the forearm is always in mid pro-supination.



Pure pinch



Tripod pinch



Five finger pinch



Lateral pinch

