

Therapy sand exercises

# AFH TheraPIE Sand<sup>®</sup> Sensorik

Thank you for choosing our AFH TheraPIE Sand<sup>®</sup> Sensorik. So that you have much success with your Therapy sand, you will find a selection of possible therapy sand exercises.



## Therapy sand Properties

AFH TheraPIE Sand<sup>®</sup> Sensorik is available in the sizes 454 g and 2 kg in 5 different colors with the same properties / resistance. The choice of color depends on personal preferences, but can also be combined with different colors.



454 g

2 kg



The quantity depends on the purpose of the exercise or the training program to be performed (e.g. 454 g to 2 kg for exercises of the wrists and ankles through to foot muscle training in a suitable tub, for example)

## Storage

Due to the viscous or kinetic flow behavior of AFH TheraPIE Sand<sup>®</sup> Sensorik and to avoid contamination, AFH TheraPIE Sand<sup>®</sup> Sensorik should always be stored in an airtight, sealed bag in the supplied container at room temperature.



## ! Important notes

**Discuss the use and duration with your therapist, prescribing doctor or other medical personnel. Instruction should be given by the already listed, from whom you received the medical device.**

Please follow the instructions for use and use the AFH TheraPIE Sand<sup>®</sup> Sensorik according to the indication.

In case of pain, redness, swelling and other problems, the duration of the exercise frequency or the entire the entire exercise program.



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## Therapy sand exercises - application examples with **454 g**

Further exercises are possible depending on the therapeutic instructions.



Pointed grip 01



Pointed grip 02



spherical grip 01



spherical grip 02



3-point grip 01



3-point grip 02





## Therapy sand exercises – application examples with **454 g**

Further exercises are possible depending on the therapeutic instructions.



Sand trickle one-handed



Shaping balls

## Therapy sand exercises – application examples with **2 kg**

Further exercises are possible depending on the therapeutic instructions.



Sensory exercise find and grab a coin





## Therapy sand exercises - application examples with 2 kg

Further exercises are possible depending on the therapeutic instructions.



Finding marbles 01



Finding marbles 02



Find marbles with tub 01



Find marbles with tub 02



Sand trickles bilateral 01



Sand trickles bilateral 02





## Therapy sand exercises – application examples with 2 kg

Further exercises are possible depending on the therapeutic instructions.



Sand trickle bilateral with tub 01



Sand trickle bilateral with tub 02



Sand trickling / gripping force with toes 01



Sand trickling / gripping force with toes 02



Finding marbles / grasping with toes 01



Finding marbles / grasping with toes 02

