

Active Hands gripping aids.

General Purpose gripping aid (AH1)

Our most versatile gripping aid, the AH1 can be used for a wide range of activities, including DIY, gardening and sports. It is a real asset for lifting weights, holding a snooker cue and, in the case of children, holding onto handlebars of a tricycle.

The General Purpose aid 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.

The AH1 is available for right or left hand and comes in three sizes – Small, Standard and Large.

To find out which size is best for you, see the Active Hand size guide on page 4 of this guide.

Sold Individually.

Hand options: Left or Right

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 as feedback has informed us they are not used independently, as with the adult aids, but put on by a parent or helper and fastening at the top enables them to be attached more easily.

These aids are available in blue or pink. They are fully machine washable.

Sold Individually

Hand options: Left or Right

Colour options: Blue or Pink



Winter Sports aid (AH2)

Identical in design to the AH1, but without the neoprene padding, we recommend that the AH2 is worn over thick ski gloves and jackets for outdoor winter activities such as adaptive skiing. With winter sports clothing padding is providing by thick jackets and thick gloves.

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.

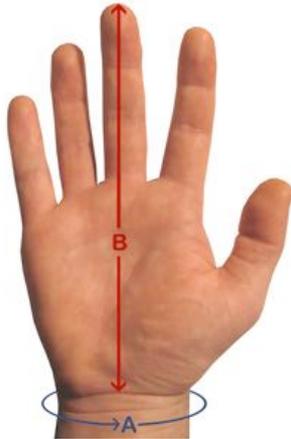
Sold individually

Hand options: Left or Right

Size options: Standard size only.



Size Guide for General Purpose, General Purpose Mini and Winter Sports aid (AH1, AH1m, 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"

(n.b. measurements are approximate)

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, and adjustable padded wrist straps.

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 a pair

Size options: Standard and Large



Heavy Use gripping wrap (AH4)

This padded gripping wrap can be used anywhere 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.

Sold individually



D-Ring aids (AH5)

D-Ring aids are ideal for use in the gym. They allow attachment directly to the karabiner on 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 difference.

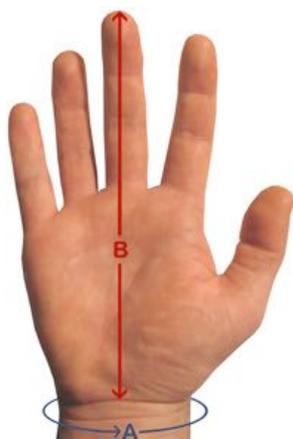
The D-Ring aids come as a pair - left and right hands. The wrist section is tightened using a strip of velcro with a ring on the end. Attached to this wrist section is a D-Ring which allows for attachment directly to the karabiner on gym equipment.

Sold as a pair

Size options: Standard and Large



Size Guide for Looped Exercise, D-Ring and Hook aids (AH3, AH5)



A = circumference of narrowest part of wrist

A: Wrist

Standard: 135mm-185mm 5.3"-7.2"

Large: 180mm-220mm 7.1"-8.7"

(n.b. measurements are approximate)

Pencil Cases (AH6)

These pencil cases 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.

Although we call this a pencil case, 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.



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.

Sold individually

Size options: One size only



Limb Difference gripping aid (AH8)

Designed specifically for those with limb difference affecting their hands or fingers, AH8 works perfectly for those with all or some of their fingers, or parts of their hands missing. As long as there is some widening at the wrist, this aid should provide effective support and control (A wider section of wrist is needed as an anchor point to transfer the pulling force to when using the gripping aids).

The AH8 has a double-strap system; once the wrist section is done up you fix the item you wish to hold in your palm using the inner Velcro strap. When this is done you can hold the item firmly in place using the longer strap that comes over the back of your hand, through the buckle and back over the object.

As with AH1, The Limb Difference aid is extremely versatile and can be used for a wide variety of activities such as accessing equipment in the gym, kitchen or garden, DIY tools, holding the handlebars of a bike, or for rowing or kayaking. They are strong enough to be used for weight lifting.

The AH8 is available for right or left hand and comes in three sizes – Small, Standard and Large (see the size guide below). It is machine washable.

Sold Individually.

Hand options: Left or Right

Size options: Small, Standard and Large



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

A: Wrist

Small 120mm-155mm

Standard: 135mm-170mm

Large: 150mm-220mm

(n.b. measurements are approximate)

To help you to decide if the Limb Difference aid is suitable for you here are some hand-types that can benefit from the aid:



Small Item gripping aid (AH9)

The Small Item gripping aid is a new and exciting gripping aid from Active Hands. This 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 in that it allows you to hold items at any angle you want. Want to paint on an easel? Apply mascara? Play the drums? Position the palm pad at the perfect angle to do any of these things.

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. Additional palm pad twin-packs are available [here](#)). Why not have a set in the bathroom with razor, toothbrush and hairbrush? Or a set for your make-up brushes? Or load up different brushes ready for painting?

The glove is made from comfortable neoprene, which fits around the hand and wrist and is secured using two Velcro straps. As with all Active Hands products, the straps can be tightened using plastic rings, even with little or no finger strength. The palm pad is a velcro-backed square with a plastic clamp attached. This clamp is used to hold the item in place and is closed by pulling two ribbon loops. The palm pad then velcros to the glove and you are ready to go.

Available in two sizes: small and standard/large.

Sold Individually.

Hand options: Left or Right

Size options: Small, Standard/Large



Size Guide for Small Item gripping aid (AH9)



A = circumference of narrowest part of wrist

A: Wrist

Small 135mm-160mm

Standard/Large: 160mm-210mm

(n.b. measurements are approximate)

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.

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. Why not have a bathroom set, an art set or an office set loaded up ready to use?

*Please note that this product is an add-on for the Small Item gripping aid - they cannot be used without it.

Sold as a pair



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.

The Hook aid comes with 4 silicon tubes for optional use. The tubes will give a level of padding, increase grip (preventing metal to metal slipping on some gripped items), and reduce rotation of the gripped object.

After you have used the Hook aids a few times there are various options to personalise/customise them for your own specific hand size and usage. If it is interfering with the elastic loop, the neoprene material that fits in the palm of the hand can be trimmed to your specific requirements. The neoprene can be cut to size using scissors or a sharp knife (you may wish to get assistance with this). The other option is to cut a small slit in the neoprene and pass the elastic loop through this, as shown in the diagram. We recommend using the Hook aids a number of times before altering them in any way as once this is done the alterations will be permanent.

Sold as a pair

Size options: Standard and Large (size guide above)

