



IronMind Hand Health: Strong, Pain-Free Hands

Grip strength and hand health: it's the same approach . . . it's just a matter of degree

IronMind and Hand Health

Is it odd for the company that heads the class in grip strength also to be immersed in hand health?

We think not and here's why.

Step 1—Prevention & prehab

At IronMind, even though we live in a world where we regularly see hundreds, if not thousands, of pounds moved by human muscle in a multitude of directions, we know the wisdom and truth of *an ounce of prevention is worth a pound of cure*. Avoid injuries and you'll never have downtime and you'll never have to worry about rehabilitating them. That's Step 1.

Step 2—Recovery & corrective training

Step 2 is that once injured, being inert any longer than necessary only slows recovery and sometimes permanently limits the degree to which one can recover. Since we are not medical professionals, we can't tell you this great authority, but we can say that we have observed this time and again.

Step 3—Rehab & therapy

Step 3 is that whether in terms of preventing an injury (prehabilitation) or coming back from one (rehabilitation), the same exercises that strengthen the target area are well suited for therapeutic purposes, too. That is why, incidentally, if you've ever tweaked your back, something along the line of strict squats and deadlifts can do wonders for getting you up and moving again.

Thus, what we had been providing to help build maximum grip strength has equal value when applied to hand health—it is only a matter of degree separating the two.

While we will quickly say that we cannot give you medical advice or guarantee a magic wand, IronMind customers have achieved impressive results in the area of hand health, and we would like you to be our next success story . . . regaining whatever you have lost due to hand-related pain and preserving your hands for years to come.

Components of hand health:

For all the work they do, your hands require ongoing general maintenance for good hand health:

active rest	light strength work on your “off” training days
conditioning	daily movements to keep hands limber and maintain joint mobility
rehab & therapy	treating specific conditions (e.g., RSI, carpal tunnel, golf or tennis elbow, trigger finger, sprains); and recovery from surgery



Our Strong Hands, Healthy Hands Website—For Everyone!

A weak grip, aching fingers, elbow pains, carpal tunnel syndrome—these things make it hard to enjoy your life, and while we can't promise miracles, IronMind has over 20 years experience helping people develop strong and healthy hands.

Take a look at IronMind's new website, www.strongandhealthy-hands.com, and don't hesitate to refer friends and family—whether it's the next World's Strongest Man winner, your grandmother, a tennis partner, a pianist or the Little League kid next door, everyone gets more from life with strong and healthy hands.

For IronMind's Hand Health products, please visit the Hand Health department in our on-line store.

For more information about grip training, please visit our All-About-It Resource Pages on Grip Strength, Hand Grippers, and Hand Strength.

[Return to IronMind's Grip-Tech hub.](#)

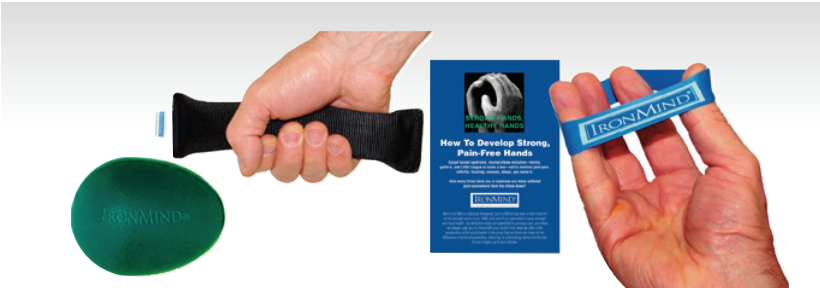
IronMind's Hand Health Tools

[IronMind's hand health products are available in our on-line store in the Hand Health department.](#)

Strong and Healthy Hands Kits

Our [Strong and Healthy Hands Kits](#) are made to order for building and maintaining hand health and providing relief from arthritis, RSI, carpal tunnel syndrome, tennis or golf elbow, trigger finger, joint pain, and other lower-arm ailments.

Choose two or three vital training tools and a training guide for preventing, reducing, or eliminating hand, wrist and elbow pain:



You'll also want to take a look at:

[IronMind® EGG: Easy, Grip Go!](#)

[Expand-Your-Hand Bands™](#)



Perfect for:

- warm-ups or cool-downs when training with your Captains of Crush Grippers and IMTUGs
- active rest, speeding recovery between training sessions
- stress relief throughout the day
- grip workouts, for a python-like squeeze
- 2 strengths: softer Green, with more give; and firmer Blue, for a stiffer squeeze

[Wrist-Relief Soft Weight](#)

[Dexterity Balls and Training Course](#)



Here's a way to get some relief for those painful wrists. A couple of minutes with this friendly tool (it weighs about 1-1/4 lb.), gently loosening and stretching your joints as part of your overall Strong and Healthy Hands program, will make your fingers dance instead of drag.

With John Brookfield's course giving you the moves, these balls are for use by hand strength specialists and everyone, from dentists to musicians, who could benefit from increased manual dexterity, range of motion, and muscle control, not to mention strength.

[Flying Fingers Grab Bag](#)



The 10-lb. Flying Fingers Grab Bag is a heavier soft weight, so you can keep it at your desk for stress-relieving mini-workouts through the day.