



IMAK STRESS BALL - PERFECT FOR STRESS RELIEF

\$23.00



SKU: A10129

PRODUCT DESCRIPTION

IMAK STRESS BALL PURPOSE AND BENEFITS

The IMAK Stress Ball is ideal for isometric hand strengthening and hand rehabilitation – and perfect for stress relief! The ergoBeads filling provides a gentle massage, while comfortably allowing your fingers to stretch and strengthen. The Stress Ball is also great for managing and healing scar tissue in your hand

Key Features

- Great for isometric [exercise](#) and hand strengthening
- Squeezable stress relief, with massaging ergoBeads
- Made of soft cotton material for comfort and stretch
- Washable
- Not made with natural rubber latex
- Blue or Black

** Colour swatch is for selection purposes only and not indicative of the product colour. Please see product images for colour specifications.*

Why would you use a Stress Ball?

The action of frequently squeezing the ball loosens tension and serves to alleviate anxiety or stress. The advantages of stress balls combine increasing blood circulation and aiding with the [treatment of carpal tunnel syndrome](#).

How can a stress ball benefit you?

No one likes stress, and that's where these impressive little balls come into play. They are filled with unique material, which is excellent for squeezing, so you can release all of your tension or even calm down if needed without feeling guilty about destroying anything else in the process! The benefits of the stress balls don't stop there either; they also help boost blood circulation while relieving carpal tunnel syndrome. How do you use them? Well, it depends on what kind of ball we're talking about- some people like to place their hand inside the hole at first before gently moving around. Still, others prefer a more vigorous technique by vigorously pounding away from time to time until everything feels better again. These things have been used as tools during meditation since ancient times.