

Thérapie Sand



Information and use

Thank you for choosing our **Therapy Sand**. To help you achieve your desired goals with the therapy sand, here is a selection of possible exercises.

Thérapie Sand properties

Therapy Sand is an innovative type of latex-free sand. It feels soft and light and is a bit firmer and stickier than beach sand. This product is primarily used in therapeutic settings. It is especially utilized in occupational and physical therapy as a tool to improve fine motor skills.

The sand can be used for finger, hand, toe, and foot exercises to improve the movement and function of the neuromuscular control system. It enhances sensitivity in the hands and feet, stimulates blood circulation, and helps reduce stress. It can also be used as an educational and creative tool.

Therapy Sand is available in 2 sizes:

- 454 g
- 2 kg



454 g

2 kg

The ideal amount depends on the purpose of the exercise or the training program being performed (e.g., 454 g to 2 kg for wrist and ankle exercises, up to foot muscle training in a suitable basin).

Storage

Therapy Sand should always be stored in an airtight sealed bag within the provided packaging at room temperature. This is to maintain the sand's viscous or kinetic flow properties and to prevent contamination.

⚠ Important notes

Discuss the use of this product and its duration with your therapist, prescribing physician, or other medical personnel. Instructions should be provided by the aforementioned individual from whom you received the medical device.

Always read and follow the instructions for use, and use Therapy Sand according to the indication.

Modify your exercise frequency or discontinue use in case of pain, redness, swelling, or any other discomfort during exercise.



Therapy Sand exercises and application examples with 454g

Additional exercises are possible depending on therapeutic instructions.



Point grip

Try to grasp the sand by pinching it between your thumb and index finger. Lift your hand and let the sand fall in a flowing motion by moving your thumb and index finger.



3-point grip

In addition to a pincer grip, you can also perform a three-point grip. Try to grasp some sand by pinching it between your index finger, middle finger, and thumb. Lift your hand again and let the sand slide through your fingers.



Trickling sand with 1 hand

Push the sand into a firm mound. Then, try to grasp some sand with just one hand and hold it between your fingers. Lift your hand while maintaining a good grip, and then let the sand trickle by moving all your fingers.



Shaping balls

Take some sand from the mound in front of you. Hold the hand with which you grabbed the sand horizontally with your palm facing up, and let the sand rest on your palm. Place your other hand on top of the sand with your palm facing down, and try to roll a ball by rotating your hands over each other.

Therapy Sand exercises and application examples with 2kg

Additional exercises are possible depending on therapeutic instructions.



Searching coins

Spread a pile of sand in front of you and hide some small objects within it. You can use coins, marbles, or any other small items that are easy to conceal in the pile. Then, try to find and excavate the hidden objects using two fingers.



Bilateral sand trickling

Spread a pile of sand in front of you. With both hands, scoop up some sand from the pile. Lift your hands while attempting to hold the sand, and then let the sand trickle through all your fingers by moving them.



Trickling/grasping sand with toes

Therapy sand is also highly beneficial for training and rehabilitating your feet and toes. Take a shallow container and fill it with sand. Sit down and place the container on the ground in front of your feet. Remove your shoe and sock, then try to grasp some sand with your toes. Lift your foot while maintaining a firm grip, and then let the sand trickle by wiggling your toes.



Searching/grasping marbles with toes

Take a shallow container and fill it with sand. Place some marbles or other small objects in the sand. Sit down and place the container on the ground in front of your feet. Set another small container next to the larger one. Remove your shoe and sock, then try to grasp the marbles with your toes. While holding the marbles, move them from the larger container with sand to the small one next to it. Do this in a controlled manner.



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