



Meet Your New MusicGlove

Your MusicGlove is a hand therapy device unlike any other: It's effective *and* fun. The fun part is easy – but getting the most out of your MusicGlove requires following a solid regimen.

Recommended Regimen

First, you should assess your level of movement and decide which grips you want to work on. Some users may want to practice a single pinch, while others might exercise with several.

Determine your personal comfort level and start there.

Once you've selected the grips you want to work on, follow this regimen to keep yourself challenged:

1. **Begin with a 15 minute session on the 'Easy' level.**
2. **When you're comfortable with that, increase the length of your session until you can complete 45 minute – 1 hour long sessions.**
3. **After you can hit more than 90% of the notes correctly in an entire session, try moving up to the next difficulty level. It is OK if you want to go back to 15 minute sessions when you do.**

No matter which grips, session duration, or difficulty level you're using – try to use your MusicGlove for at least 3 hours a week. This could look like six 30-minute sessions, or some 15-minute sessions mixed in with a couple hour-long ones.

You should adapt your regimen to meet your needs.

What to Expect in the Long Run:

After just six 45-minute sessions, patients in our clinical trials reported significant improvement in their hand function, including regaining the ability to perform these tasks:

- Opening doorknobs
- Tying their shoes
- Double clicking a mouse
- Cooking and using silverware
- Using the restroom independently

Patients with very limited hand function may need to practice longer before experiencing improvements like this, but continued recovery is a realistic possibility for everyone.

How to Make the Most Progress:

Repetition and consistency are the keys to recovery. As long as you're consistent with your exercise and you try to complete a high number of repetitions every time you work out, you will see results.

What to Do When Your Fingers Feel Tired or Stiff:

Hand fatigue and stiffness are common, especially during the first few days of using MusicGlove for hand therapy. If your fingers feel tired, just take a break and start again 12-24 hours later. If your fingers feel stiff due to spasticity, rest assured that exercise helps with the stiffness and your fingers can loosen with time.