

Resistance Training Equipment: Grip Aids

Grip aids may be recommended to you by your rehabilitation team to help you complete your exercise program. A grip aid will provide support in grasping dumbbells.

Below we have provided options for the purchase of a grip aids.

COVID Updates

During these uncertain times it is important to take precautions to ensure your safety We recommend the following when receiving your purchase:

1. Wear gloves
2. Wipe down the equipment with an at least 60% alcohol solution
3. Wipe down any table or surface the equipment has been placed on with an at least 60% alcohol solution
4. Remove & throw out gloves
 - a. For proper glove removal technique please see [Ontario Public Health Glove Doffing](#)
5. Wash hands with soap

Store	Location	Contact Info	Cost (Per Unit) Click on the Link for more Information	Delivery	COVID-19 Status
Performance Health	Online Only	(905) 858-6000 Customersupportca@performancehealth.com	<p>Grasping Cuff with Wrist Support</p> 	\$75.99 CAD	YES OPEN (Online Only)
Amazon Canada	Online Only	Amazon.ca	<p>Enshey Rehabilitation Glove-Brace</p> 	\$17.99 CAD	YES OPEN (Online Only)

<p>Active Hands</p>	<p>Online Only</p>	<p>sales@activehands.com</p>	<p><u>General Purpose Gripping Aid</u></p> 	<p>£49.95 GBP + Shipping & Duties</p>	<p>YES</p>	<p>YES (Online Only)</p>
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Disclaimer: UNH is not affiliated with the retailers above. The information provided is intended as a resource to aid patients in procurement of equipment for their rehabilitation. The information is current as of April/27th/2020 and is subject to change without notice