

How Can Hand Grip Strengtheners Affect An Individual?



Advantages



Can help improve sports performance, especially in hand games such as tennis



Can help to do daily chores and tasks more efficiently



Can help in the management of certain chronic systemic diseases, like arthritis

Disadvantages



It may put too much resistance and increase the risk of injury



Using the wrong size and model of hand gripper may cause pain



Overuse may cause tendinopathy and other injuries related to resistance exercises
