



Gripitz Blocks allow the user to maintain a more neutral wrist position while performing exercises where your arms, wrist and hands bear weight; exercises like pushups, handstands and sun salutations in yoga. The neutral wrist decreases stress at the wrist joint and carpal tunnel, reducing tension on

the median nerve.

"As an orthopedic physical therapist for nearly 20 years and a student of yoga for 6, I can honestly say 'I love Gripitz'. They help my wrists stay safe and comfortable, and also double as a yoga block. I recommend them to my patients who cannot or should not perform a traditional chatarunga. They are a safe and smart yoga tool!"

--Kathleen McDonough M.A.P.T. Clinical Exercise Specialist;
Pilates Instructor Specialist

"Gripitz allow the user to load the wrist in a more neutral position, reducing unwanted stress on the wrist joint, carpal tunnel, and surrounding ligaments"

--Gretchen Nelson MSPT-Physical Therapist
CYT-Yoga Instructor



New Video

Gripitz Blocks



There are many ways that Gripitz Blocks can help you in your exercise regime, but it is important that you use them properly. Read Use and Safety Guidelines before beginning.

[Read Use and Safety Guidelines](#)

Order Now:

Qty: **\$39.99 ea. pair**

[Click to Order](#)

Gripitz blocks specifications:

Length: 13 inches

Width: 5 inches

Height: 3-1/4 inches

Weight: about 1-1/2 lbs each

Handle: 1-3/4 inch diameter **NEW!**

Larger grip recommended by physical therapists!

