Using Your Reebok Wearable with Limited Hand Mobility

Inas B. - 2026-10-31 - Accessibility

Technology should be comfortable and practical to use. If you have limited hand mobility, reduced dexterity, joint stiffness, or difficulty with small movements, certain smartwatch interactions may require a little extra effort.

Your Reebok wearable offers a range of everyday features, and there are a few things you can consider to make using your device more comfortable.

Understanding Watch Interactions

Depending on your model, using your watch may involve:

- Tapping or swiping across the touchscreen.
- Pressing physical buttons.
- Navigating menus and selecting options.
- Fastening or adjusting the watch band.
- Using your smartphone to manage settings through the Reebok Connect app.

Some of these interactions may be more challenging if you have limited finger movement, reduced grip strength, or joint discomfort.

Tips for Easier Everyday Use

A few adjustments may help:

- **Find a comfortable position.** Place your arm on a stable surface when interacting with the watch to reduce unnecessary movement.
- **Take your time.** You do not need to navigate menus quickly. Use comfortable, deliberate movements when selecting options.
- **Explore available watch faces.** Choose a display that makes the information you use most often easy to identify.
- **Use your smartphone when convenient.** Some settings and information can be accessed through the Reebok Connect app instead of directly on your watch.
- **Explore voice assistant options.** Some Reebok watch models support activating your smartphone's AI assistant, such as Google Assistant or Siri. If available, this may let you perform certain tasks using voice commands instead of navigating menus or tapping the screen. Check your watch model's specifications to see if this feature is supported.

- **Choose a comfortable band.** Look for a compatible band that is easier for you to fasten and adjust.

Choosing a Comfortable Watch Band

If fastening your watch is difficult, consider whether another compatible band design may be easier to manage.

When choosing a replacement:

- Check that the band is compatible with your Reebok watch model.
- Consider how easily it can be fastened and adjusted.
- Make sure it holds the watch securely without causing discomfort.
- Avoid modifications that could damage the watch or interfere with its sensors.

Understanding Current Limitations

Our watches are designed for general fitness and everyday convenience. Depending on the model, they may require touchscreen or physical-button interactions.

Specialized accessibility features such as switch control, dedicated voice navigation, or alternative input methods may not be available.

Smartphone accessibility features may help with some interactions in the Reebok Connect app, but they do not necessarily change how the watch itself operates.

Need Assistance? We're Here to Help!

If you are having difficulty using your watch because of limited hand mobility, our support team can help you explore the available settings and compatible accessories for your model.

Reach out to us through any of the following channels:

- **Email:** support.reebok@vitalist.ca
- **Support Page:** https://support.connect.reebok.com/en-US/new-ticket

Let us know which model you use and which interactions you find difficult. We will do our best to guide you through the available options.

Your comfort matters, and we want your Reebok wearable to fit into your routine as easily as possible!