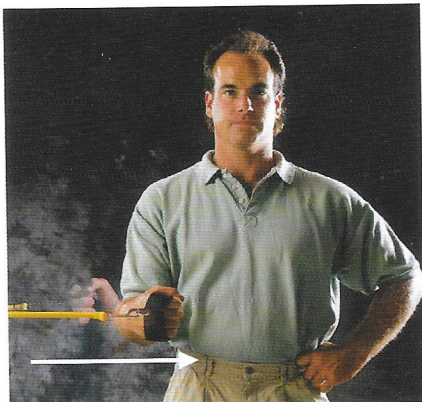


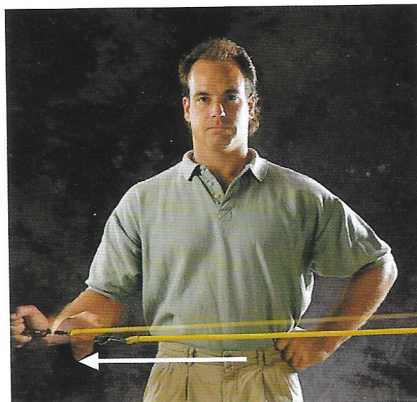
Wrist Series

Flexion



Place retainer in door at waist level. With side to door, move away until THERA-CISER is taut with the elbow bent and the thumb up. Using wrist only, pull fist in toward stomach. Return and repeat.

Extension



Place retainer in door at waist level. With side to door, move away until THERA-CISER is taut with the elbow bent and the thumb up. Using wrist only, pull fist out. Return and repeat.

Healthcare Professionals' Notes

To insure the maximum benefits and safety for your patients from the THERA-CISER System, please consider the following:

1. Pain-free Motion of Exercise

Joint pain should be avoided during each exercise.

2. Exercise Straight Motions Prior to Rotational

Straight motions of exercise must reach optimal levels before rotational.

3. Minimal to Maximal Joint Range of Motion

In the initial phases of exercise, perform short-range motions after which full-range motion is permitted.

4. Bilateral Exercise

The uninvolved extremity is exercised prior to the involved. During strength sessions, the uninvolved side should advance at the same rate as the involved.

Usage Instructions for the THERA-CISER Personal Progress Chart

In order for you to fully realize the benefits of the THERA-CISER Therapeutic Exercise System we have provided, on the facing page, a simple, efficient method of recording your achievements and progress toward a future of fully functional physical fitness.

Please work closely with your Healthcare Professional in the performance of your program. This is strongly recommended due to the specific nature of your individual problems and abilities.

FOOT LEVELERS wishes you the healthiest, happiest future possible and we'll continue to support you and your Healthcare Professional with the very finest Quality Healthcare Products available.