

A large, stylized graphic of a hand therapy ball, composed of overlapping circular lines, is positioned in the top left corner of the page.

HAND THERAPY KIT

Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using.

SETUP

1. Remove Hand Therapy Balls from box and check for shipping damage (scratches, punctures or gouges).
2. Your Hand Therapy Balls are now ready for use.

WORKOUT TIPS

1. Follow the exercise instructions presented on the guide.
2. Ensure your hands are clean and dry before use.
3. Use a smooth and steady motion when performing each exercise.
4. Perform exercise routines to the best of your ability without strain.
5. Avoid holding your breath while exercising.

CARE

1. Dry Hand Therapy Balls with a towel after use.
2. Avoid exposing the Hand Therapy Balls to heat or excessive sunlight.
3. Store in a cool, dry place.



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IMPORTANT SAFETY CAUTIONS!

1. Consult with your doctor or physical therapist before beginning any self-treatment program.
2. Suitable for ages 13 and over. Keep out of reach of younger children.
3. Do not use if you have diabetes, or if you have open sores or cracked or blistered skin in the treatment area. If symptoms worsen, decrease pressure; if adverse symptoms persist, discontinue use and contact your doctor.
4. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your doctor before beginning this workout.
5. Perform movements in a slow and controlled manner.
6. Stop and rest if you feel dizzy or short of breath.
7. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.
8. These statements have not been evaluated by the FDA. This product is not intended to diagnose or cure any medical conditions.

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