

PRODUCT CARE



No washing required.



Dry in shade.



Wipe with a clean and moist fabric.

EC REP

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Symbol Explanation :



Batch code



Manufacturing date



Manufacturer



Catalogue number



Tynor Orthotics Pvt. Ltd.

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ISO
9001



W.H.O.
G.M.P.

ISO
13485



US FDA
registered

UM-H01/02/03-17-2



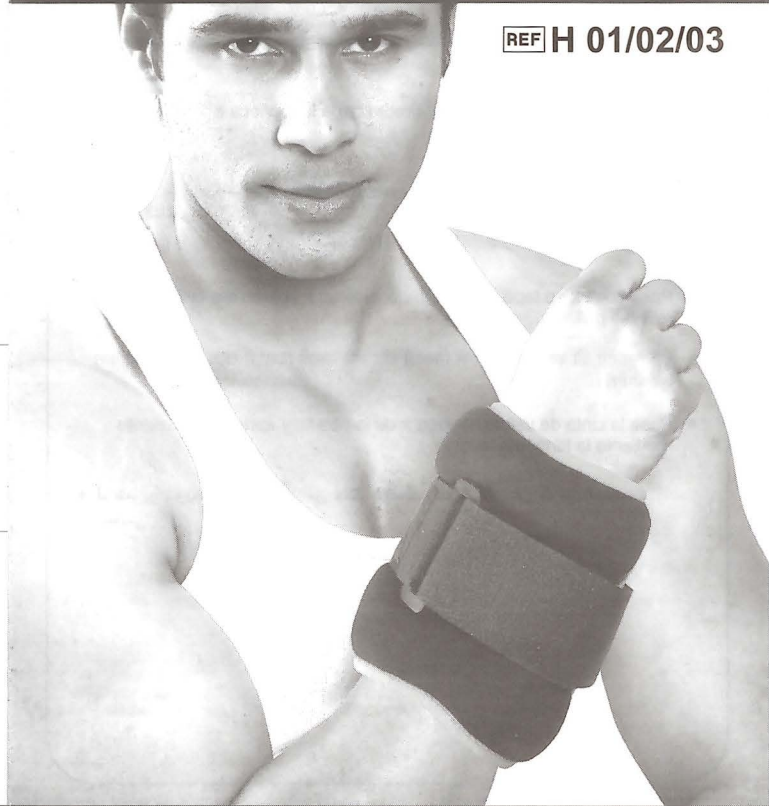
Weight Cuff

वेट कफ

Pesa Muñequera

كُفَّة الجَمَل

REF H 01/02/03



www.tynorindia.com

USER MANUAL

How To Use Cómo Utilizar



कैसे उपयोग करें كيفية الاستخدام

- Wrap the weight cuff around the wrist or ankle using inner hook loop fastener.
- अंदर की ओर दिए गए हुक लूप फास्टर का इस्तेमाल करते हुए वेट कफ को कलाई या टखने के चारों ओर लपेटें।
- Ajuste la muñequera tobillera alrededor de la muñeca o tobillo usando el cierre de velcro interior.

• قم بتلفيف سوار رصد الوزن لتفاف الوزن حول المعصم أو الكاحل باستخدام الرباط الحلقي الداخلي

- Pass hook loop tape through the buckle and tighten the cuff by a reverse pull.
- हुक लूप टेप को बकल के भीतर से निकालें और उसे उलटी दिशा में खींच कर कफ को कस कर बाँध लें।
- Pase la cinta de velcro alrededor de la hebilla y apriete el brazaletes mediante la lengüeta inversa.

• قم بتمرير شريط الرباط الحلقي من خلال المشبك وشد السوار عن طريق السحب العكسي

Weight Cuff

English

INTENDED USE :

The weight cuff is designed for a complete physiotherapy program. It has a long and double safety hook and loop closure for easy adjustment and a secure fitting. It also ensures that the cuff fits snugly and is easy to wear. Greater range of movement can be achieved during exercise, because the weight cuff does not slip or slide off during, even the most strenuous exercising program. Can be ideally used for exercise program for paraplegics and invalids.

These weight cuffs help in improving muscle strength, muscle tone and stamina through load resisting exercises. It can drastically improve the effectiveness of aerobics.

CONSTRUCTION:

Weight Cuff is made out of three layered Neoprene foam bonded fabric, with a four way stretch, the outer layers are made out of strong nylon fabric which ensures a long life, good aesthetics and color fastness. Filled with steel pellets and granules. It has a long and double safety hook and loop closure for easy adjustment and a secure fitting.

APPLICATIONS:

- Graded, physiotherapy exercise program for both lower and upper limb
- Cosmetic arm muscle shaping exercises
- Improve effectiveness of aerobics
- Muscle tone improvement for paraplegics and Invalids
- Post cast, or post operative care
- Build stamina for athletes or cyclists etc
- Helps in weight reduction plans

INSTRUCTIONS:

- Use this product under guidance of a qualified person.
- Misuse or improper use of the device can lead to adverse effects and decreased effectiveness.
- Follow instructions mentioned on the box carefully.
- Keep out of reach of children.