

CTExerciser Instructions

NOTE: Exercise duration should take a minimum of 1 minute per hand.

Extended Protocol

1. Grasp grip firmly with either hand, allowing the outer coils to be on the left and right side of the grip.
2. Turn hand palm up, extend arm, lock elbow, and elevate arm horizontally in front of you.
3. Make certain the yellow "slider" is next to the grip on the thumb side.
4. Maintaining this proper upper extremity position, arm stationary and fully extended, begin to slowly rotate wrist enabling the yellow "slider" to move to the opposite side. Now, going the other direction, return the yellow "slider" to its original side. You just performed one repetition. Repeat, and perform another repetition.
5. Repeat with the other hand and do 2 repetitions.

Tucked Protocol

1. Grasp handle firmly with thumb pointed toward one of the points of contact between the coil and the blue part of the handle.
2. Bend elbow and stabilize it at the waist, making a 90 degree angle with your upper arm.
3. Make certain the yellow "slider" is next to the grip on the thumb side.
4. Maintain this proper upper extremity position with your upper arm against your side, elbow at your waist, and forearm in front of you. Make sure your thumb is facing away from you as well.
5. Begin to slowly rotate to move the yellow "slider" to the opposite side and return. The slider moving from one end to the other and then back again is one repetition. Do one more repetition.
6. Repeat with the other hand and do 2 repetitions.