

FLEXTEND®-TFT KIT

“Advanced Research In Rehabilitation Technology”



Instructions Printed on Inside Cover

FLEXTEND-TFT

Safety Precautions

- Always consult your Physician before starting any type of exercise program.
- The FLEXTEND®-TFT Kit is for use by adults who have reviewed the instruction manual and understand how to use it properly.
- Do not attempt to use the FLEXTEND®-TFT Kit while physically or visually impaired.
- Keep FLEXTEND®-TFT and its spare parts out of children's reach.

Parts and Accessories

- 4-Ring Hooks
- 5-Small Resistance Bands
- 5-Medium Resistance Bands
- 5-Large Resistance Bands. Large Bands can be figure-8'd and doubled over for greater resistance
- Various Sizes of "Long-lasting" Silicone Resistance Bands
- 1-Instruction Sheet. Also, view Pg. 11 & 12 of the "FLEXTEND® Manual w/ Exercise Programs"

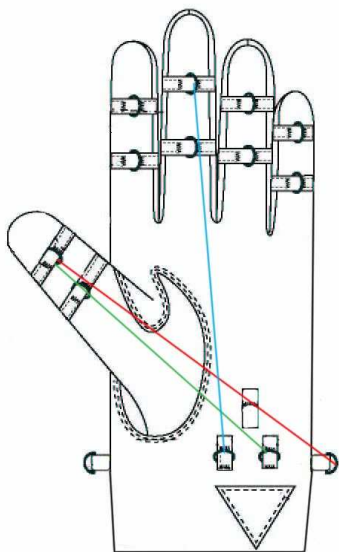
Instructions: Begin using the TFT-Kit at Week #4 of the Trigger Finger & Trigger Thumb Exercise Programs.



ABOVE: RING HOOKS & BAND

1. CHOOSE RESISTANCE BAND: Begin with light resistance and increase the resistance over time. To increase resistance, use smaller and smaller bands; also, multiple bands may be used simultaneously.

2. ATTACH RING HOOKS: Place one Ring Hook on each end of the chosen Resistance Band(s).



ABOVE: FLEXTEND® GLOVE

3. BLUE = FINGER CONNECTION: Connect one Ring Hook to the O-Ring on the finger to be exercised and then connect the other Ring Hook to one of the O-Rings located on the wrist.

4. GREEN = THUMB CONNECTION: Connect one Ring Hook to the O-Ring located on the thumb and then connect the other Ring Hook to the O-Ring located on the front of the wrist, farthest from the thumb.

5. RED = THUMB CONNECTION: Connect to side of wrist for greater resistance to thumb joint.

NOTICE: The TFT-Kit is to be used with the FLEXTEND® glove, making the single-finger exercises more convenient to perform. Do not disconnect the arm-strap or resistance band(s) when using the TFT-Kit. Leave attachments in place and simply attach the TFT-Kit to the FLEXTEND® glove. Use the TFT Kit anytime single finger exercises are required. See Instruction Chart.