

HAND REHABILITATION TRAINING DEVICE

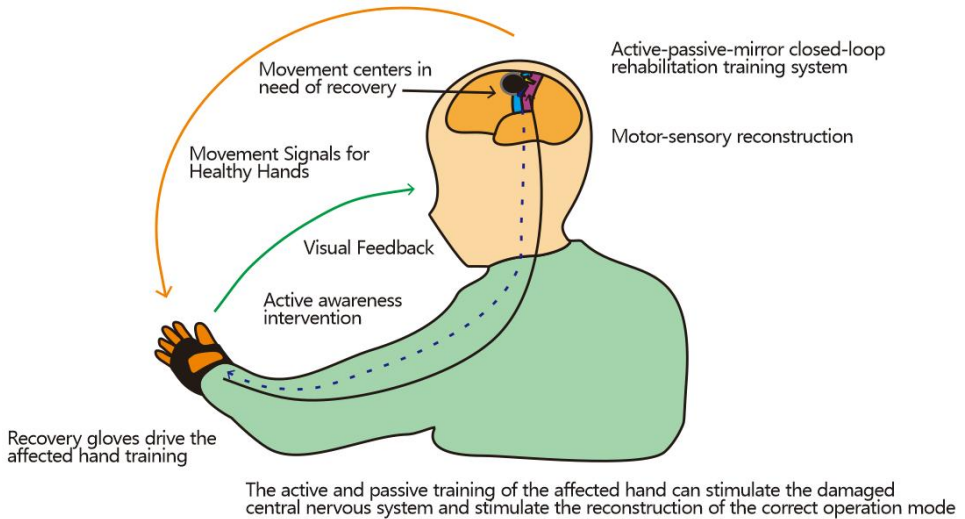
USER MANUAL



Model no.: FR03

PRINCIPLE AND FUNCTION

1. This product helps finger joints flexion and extension by wearing power recovery glove, gradual increasing in joint mobility at regular intervals. Preventing joint contracture or stiffness as well as tendon adhesion muscle disuse atrophy also preventing reducing edema and numbness.
2. Meanwhile through the active training and mirror training to build a right exercise pattern. And through the neural reflex eye-hand response, proprioceptive perception to enhanced the flexibility and coordinate of the training. Maintaining the normal blood circulation and metabolism/promote hand function recovery.



PRODUCTS FEATURES

1. Portable device , can be tied at arm , can be wearing cross body also the waist.
2. Two kinds of treating modes (Automatic Mode/Mirror Mode) ;
3. 1-9 grades gradient design of extension & flexion Time (The appropriate extension & flexion time can be adjusted freely according to the user);
4. Working time is adjustable from 5-60 minutes;
5. Manual mode settings (Mirror Mode) with the mirror working theory the healthy hand drives affected hand, nerves, brains and muscles are learning at the same time. The healthy hand drives the affected hand, the hands move synchronously, activate the mirror neuron. The normal hand motor nerve pathway was copied to the affected hand, and promote the recovery of brain autonomy.
6. Automatic mode setting: The automatic mode can adjust the extension and flexion time

according to the user's use feeling to achieve functions such as grasping training etc.



SPECIFICATION

Description: Hand Rehabilitation Training Device-Arm Version

Model: FR03

Device Size: 16.2X8.56X4.38cm

Voltage: Type-c 5V2A

Power Consumption: 12W

Working Mode: Automatic Mode/Mirror Mode

Treating Time: 5-60minutes

Extension & Flexion Time: 1-9 Level(s)

Machine weight: 0.5kg



APPLICATIONS

Hand stroke hemiplegia, hand stiffness and weakness :

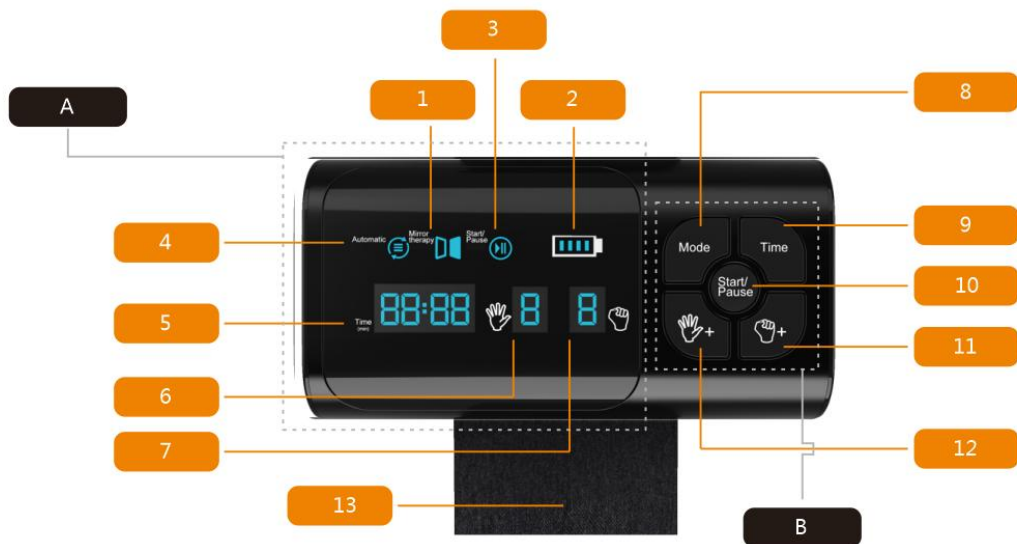
Spasticity: Stiffness/High muscle tone/Poor control, using this product prevent spasticity, reduce muscle tone, and improve exercise capacity.

Paralysis: Softness/Weak muscle strength /passive exercise Using this products to accelerated muscle recovery, and active power.

Postoperative recovery period: Adhesion/Weakness/Poor control, using the product to stimulate of nerves and muscles, speed up blood circulation and motor nerve recovery



CONTROL PANEL DESICRIPTION



A: Display Area

B: Button Area

1: Mirror Mode: Press the mode button to switch between auto and mirror mode, when in the mirror mode, the button will light up

2: Battery Status

3: Pause Button: Press the Pause button in a short time, the button will light up

4: Automatic Mode: Press the mode button to switch between auto and mirror mode, when in the mirror mode, the button will light up

5: Time Display: The time value display is controlled by the time button, short press for 5 minutes progressively increase, long press for 1 minute progressively increase.

Time range: 1 to 99 minutes



6: “ ”Extension Level Display: By pressing the “ ” button control the telescopic recovery glove extend level. Pressing one time increase one level.
Level range : 1-9 Level(s)





7: "Flexion Level Display: By pressing the " button control the telescopic recovery glove flex level . Pressing one time increase one level.

Level range : 1-9 Level(s)

8: Automatic/Mirror Toggle Button

9: Time Control Button

10: Start/Pause Button: Long press to power on/off



11: Increase the " flexion level button

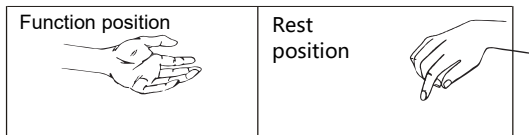


12: Increase the " extension level button

13: The Strap that can be worn cross-body

WORKING THEORY

When training the affected hand: please in the "Functional position" or "Neutral position", do not in the "Rest position"



We recommend the patient with muscle tension level 3 or more, massage the hand with the massage glove or hot compress the hand before using this training devices.

Level	Muscle Tension	Criteria	Extension Level	Flexion Level
0	Paresis	No response from affected hand	3-5	3-5
1	low tension	Weakened response from affected hand	4-5	4-5
2	Normal	Resistant response from affected hand that is difficult to move	4-6	4-6
3	Mild to moderate increase	Continuous resistance response from affected hand that is difficult to move	5-8	5-8
4	Stiff	The affected part becomes rigid and unable to move during passive flexion and extension	8-9	8-9

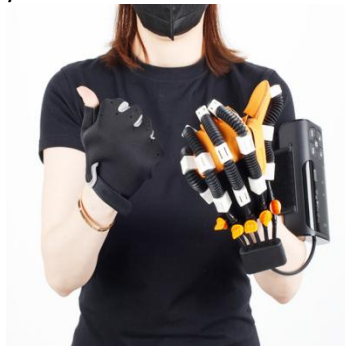
WORKING MODE

Automatic Mode: When using the automatic mode the five fingers extension and flexion at same time. Then keep circulating. The strength of the flexion and extension function can be adjust by the patient's personal use feeling and the working time to reach the grasp training function



Mirror Mode: When using mirror mode press the internal control button of mirror glove to control the recovery glove training. Under the mirror working theory the healthy hand drives affected hand, nerves, brains and muscles are learning at the same time. The healthy hand drives the affected hand, the hands move synchronously, activate the mirror neuron.

The normal hand motor nerve pathway was copied to the affected hand, and promote the recovery of brain autonomy.



ATTENTION

- For postoperative patients and patients with various acute diseases, please consult doctor before use
- For patients with twisted and deformed finger joints, please consult doctor before use;
- Patients suffering from heart disease and implanted pacemakers or other medical electronic devices, please consult a doctor before use;
- In the menstrual period or pregnant women, please consult doctor before use;
- For patients with fever above 38°C, please consult doctor before use;
- For patients is taking other treatments, please consult doctor before use.

- Patients with severe blood circulation disorders are not allowed to use;
- Patients with comminuted fracture and bone cancer are not allowed to use.
- patients with burns, bleeding, suppuration, and uncontrollable infectious diseases are not allowed to use.

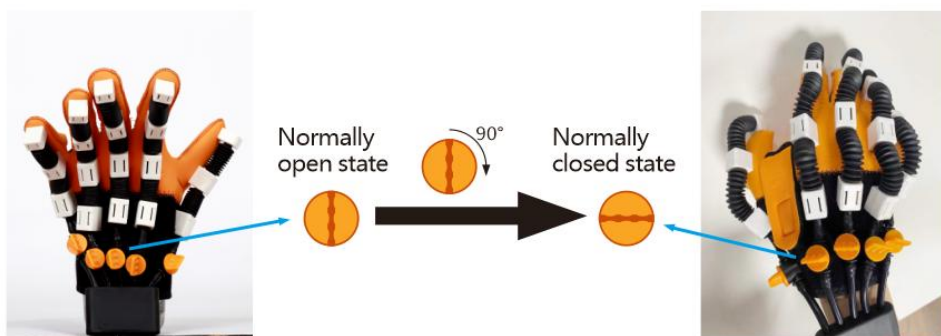


GLOVES USAGE

Wearing Attention:

1. For those whose finger is stiff to put on due to the hypertonia, a 5-minute kneading massage can be applied to the affected limb firstly.
2. It is recommended that gloves be worn in a sitting or lying position.

Air Value Description:



Wearing Method:

- 1、 Put the fingers of the affected hand into the glove in turn and pull the glove as a whole in the direction of the arm, so that the fingers reach the bottom of the glove as far as possible



- 2、 Tighten the wrist, Velcro firmly, and it is better that there is no gap between the glove and the wrist .



- 3、 Fix auxiliary fixing tape as below image.



USE INSTRUCTIONS

1. Please make sure the hand to be trained is not stiff before training. If stiff, hand can be reached a soft state with manual manipulation, hot compresses or soft massage gloves etc. Then training can proceed.
2. Do not let people without behavioral awareness or children use alone.
3. Do not use the product without a professional approval for below groups: person with a sprain or injury to the hand, person with a bone injury of unknown severity, person with severe osteoporosis and person with an untreated fracture that requires bracing.
4. Do not wash the gloves directly in water, but wipe them with a soft cloth soaked in water or neutral detergent then wrung out thoroughly. If necessary, use a cloth dipped in a small amount of medical alcohol to clean or disinfect, and wait until thoroughly dry before using.
5. Keep the power connect dry, and do not allow unconscious people or children to operate this product. Consult a physical therapist before use. This product is not intended to diagnose, treat or cure any disease.

CLEANING&MAINTENANCE

1. Turn off the host and disconnect the power cord before cleaning.
2. Do not rinse the machine and gloves.
3. Wipe the machine with a dry or damp cloth.
4. Keep it in a clean and dry place.
5. Avoid direct sunlight or high temperature, such as a gas stove when using machine.

