



## Pronation / Supination Wrist Wheel Exerciser

The CanDo® Pronation / Supination Wrist Exerciser wheel can be used to rehabilitate muscles in the wrist, forearm, and shoulder.

- Allows the practice of repetitive functional movement to rehabilitate wrists, forearms, and shoulders
- Takes little physical strength to use; perfect for patients just beginning rehabilitation
- Simply roll the wheel for pronation and supination exercises
- Non-slip, rubberized exterior of the wheel provides stable motion during exercise
- Hand bar is large enough to accommodate any hand size
- Off center hand bar gives two travel distances for shorter rolling motions or longer rolling motions
- Therapist can aid patient using wheel by gently pushing wheel to help the patient roll it through pronation and supination exercises

10-2960    pronation / supination wrist wheel exerciser

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### Pronation

Slowly roll the wheel toward your opposite shoulder and hold the end position briefly.



### Supination

Slowly roll the wheel away from your opposite shoulder and hold the end position briefly.

