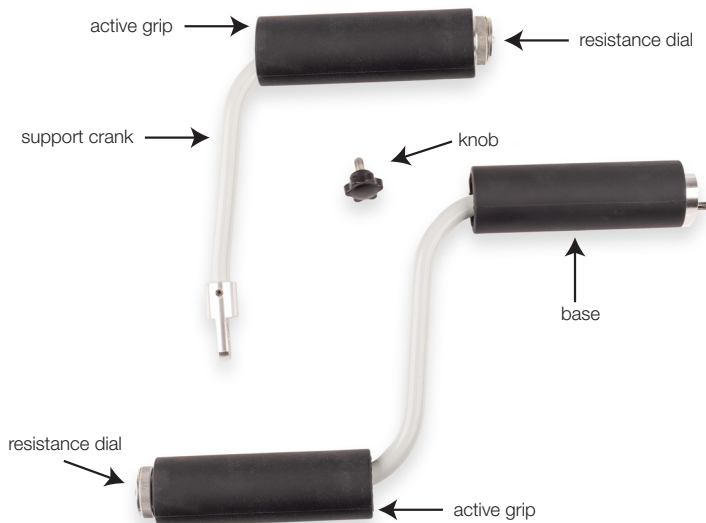




Therapy Propeller (10-0719)

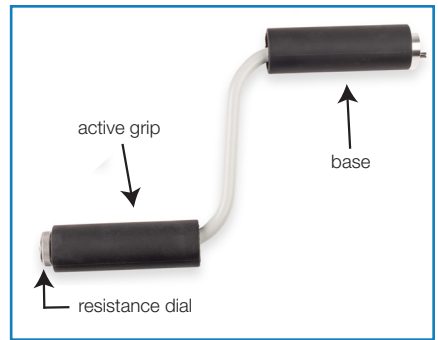
Instructions for use

The CanDo® Therapy Propeller is a versatile, handheld mobility exerciser designed to improve range-of-motion, aid rehabilitation, improve conditioning and enhance toning of the upper body. This portable device is adjustable and can be used with either one arm or two.



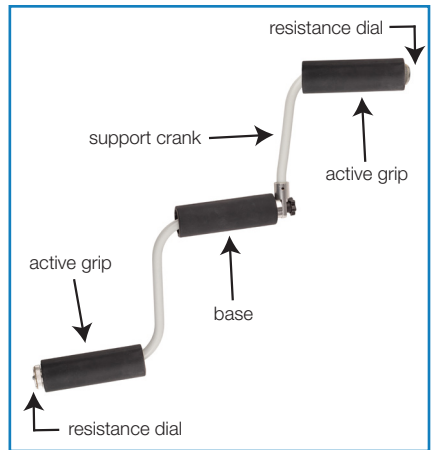
How to Use - One Arm Operation

- For a one-armed workout, you only need to use the base crank. If connected, detach the support crank.
- On the “active” hand grip of the base crank, adjust the resistance dial to the desired level by turning it to the left or right. Moving the dial to the left increases the resistance (9 being the highest) while moving to the right decreases the resistance (0 being the lowest).
- Grasp the hand grip of the crank-end WITHOUT the resistance dial with your “support” arm (the arm you’re not exercising).
- Grab the hand grip of the active end of the crank with your other arm (the arm with which you want to exercise).
- Holding your support arm steady and in front of you, move the other arm forward or backward in a circular motion to begin exercising.



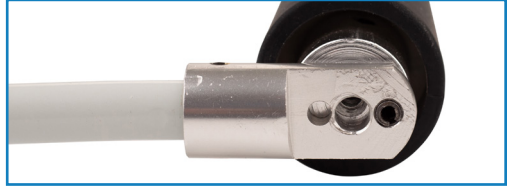
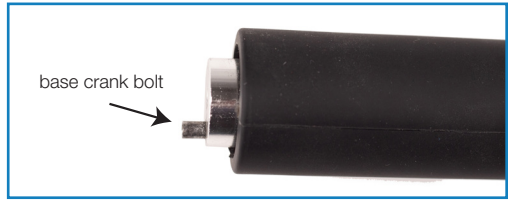
How to Use - Two Arm Operation

- For a two-armed workout, properly and securely attach the support crank to the base crank (see included instruction on how to assemble).
- Ensure the active end of the support crank faces the opposite direction of the active end of the base crank. Once assembled, the completed device should resemble a large “S” or “Z” depending on how it’s being viewed.
- On the active ends of both crank hand grips, adjust the resistance dial to the desired level by turning them to the left or right. Moving the dial to the left increases the resistance (9 being the highest) while moving to the right decreases the resistance (0 being the lowest).
- Each resistance dial can be individually adjusted, allowing users to either have equal resistance for both arms or have one arm using greater resistance than the other.
- Holding the Therapy Propeller in front of you, grip the rubber hand grips at the active ends of each crank.
- Move both arms in a forward or backward circular motion one at a time (similar to pedaling or swimming freestyle) to begin exercising.



How to Assemble for Two Arm Operation

1. Attach support crank to the base crank by sliding the hole at the end of the support crank onto the bolt sticking out of the base crank. You will hear a clicking sound when it has been attached properly.
2. Next, align the middle hole of the support crank with the corresponding opening on the base so that you can see into the base.
3. Insert the tension knob into this opening, connecting the base crank to the support crank. Tighten the tension knob clockwise to the right until it's comfortably tightened. Hand tightening is recommended. Do not overtighten and do not use pliers or grippers.



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