

IMPACTO™ WRISTWAND™

Wrist Stretching Exerciser

The **IMPACTO™ WRISTWAND** Helps to stretch medial tendons and ligaments of the wrist to reduce muscle tension, increase range of motion and prevent repetitive strain injury.



How the WRISTWAND Works

The **WRISTWAND**, when used properly, stretches the medial tendons and ligaments of the wrist, which are under stress with routine activities. While gripping the **WRISTWAND** and internally rotating the forearms, a deep stretch is obtained. Regular stretching promotes circulation improving blood flow to the working tissues and encouraging repair. Stretching also requires a change in position, not only in the wrists, but in the arms, back and neck as well, relieving the stress of previously held postures.

WRISTWAND Exercises

Hold the WristWand with palms up, gripping it with the thumb and index fingers, extend arms. Slowly, with a fluid motion, move the WristWand towards your chin. Move your elbows out and up.

Push the WristWand down and away from your body, rolling your wrists towards you. Hold the position for a few seconds. Go to your own limit and take your time to allow your wrists, elbows and shoulders to become more flexible.

Bring the WristWand back to the original position by reversing the motion you just performed. After the third repetition, bend your elbows slightly and slowly bring the WristWand straight up as far as is comfortable, ending up over your head to give your upper back and shoulders an additional stretch for a few more seconds.

Relax, breathe and feel your muscles release their tensions. Repeat this exercise periodically to keep your hands, wrists, elbows, shoulders and back relaxed.

Note: if you have shoulder discomfort that prevents you from stretching straight out, try pushing the WristWand straight down towards your feet reducing the stretch in your shoulder area.



Innovative Protection

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