



# Manus

## Wrist Exerciser

Use the Manus Wrist Exerciser only after consulting a trained licensed healthcare professional.



### Exercise 1

Insert either arm in your Wrist Exerciser, the tension control facing up and the palm of your hand facing down. Move the grip down.



### Exercise 2

Insert either arm in your Wrist Exerciser, the tension control facing up and the palm of your hand facing up. Move the grip down.



### Exercise 3

Insert either arm in your Wrist Exerciser, the tension control facing down and the palm of your hand facing down. Move the grip up.



### Exercise 4

Insert either arm in your Wrist Exerciser, the tension control facing down and the palm of your hand facing up. Move the grip up.