

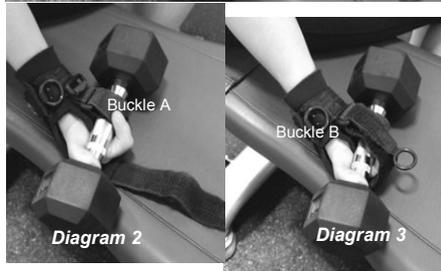


Active Hands Limb Difference Aids (AH8) are padded to reduce chafing.

Your Gripping Aid has been sent to you with the wrist strap already fastened.

To put on the aid please follow the following instructions whilst referring to the corresponding diagrams.

1. Undo Velcro on wrist strap (do not pull strap through buckle), slide hand in and pull wrist strap tight. Fasten around the thinnest part of your wrist. We have included some extra neoprene for comfort; either tuck this underneath or trim to your preference. The longer strap should be on the back of your hand. See Diagram 1.
2. Undo the palm-side strap and place the item to be gripped in your palm on the strap. Take the palm-side strap over the item, feed through buckle A and pull tight to fix the item in a comfortable position. See Diagram 2. For those who have a thumb, the best position is usually in the 'V' shape between finger and thumb and resting in the palm of the hand. For those without a thumb the best position is likely to be resting on the 'heel' of the hand.
3. Undo the overhand strap and, taking it over the palm-side strap and the item to be gripped, push it through buckle B and fasten back on itself. See Diagram 3.



Precautions

If you are unsure whether this gripping aid is suitable for you, ask your Doctor, Physiotherapist or Occupational Therapist before use.

Always follow the instructions on this leaflet when putting on and using the gripping aid.

- Active Hands gripping aids have been designed to assist with the gripping of objects which you may have been unable to use for some time. Therefore, care should be taken not to overstrain muscles (particularly in the wrists) when using heavy or awkward objects.
- Ensure the gripping aid is fastened tightly enough to hold the object firmly, so that it cannot slip from your grasp.
- Do not use the gripping aid for prolonged periods, particularly if you suffer from problems with circulation.
- Do not use the gripping aid for holding sharp objects if you suffer from blackouts.
- If the gripping aid becomes damaged, do not use.
- Do not use the gripping aid to hold hot objects or near open flames.
- When using the gripping aid to perform a new task it is advisable to have another person present.
- When using the gripping aid, remember that once it is fastened you cannot "let go" automatically.
- If holding heavy or bulky objects (e.g. weights) in the air make sure you have enough strength and control to lower them safely and carefully. Be particularly careful when lifting objects over the head.
- When undertaking exercises such as weight lifting always remember to save enough energy to lift the weights to a comfortable position to undo the gripping aids.

The use of the gripping aids may enable you to take part in pursuits which entail some measure of risk (e.g. using sharp or heavy tools, skiing, etc). Such activities should be undertaken only with the necessary supervision and recognising the inherent hazard involved.

