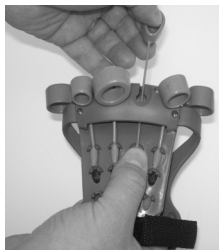




**Fingerband  
Set-Up**

Select & Configure  
Bands Into Position 1



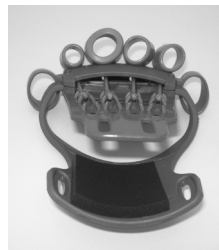
**Fingerband  
Stretch**

Pre-Stretch  
Fingerbands



**Comfort Pad 1**

Peel & Stick  
Comfort Pad



**Comfort Pad 2**

Peel & Stick  
If Necessary



## **Instructions for configuring your Xtensor**

### **Why The Xtensor**

The Xtensor places tension on the hands in the reverse motion to counter the effects of the repetitive gripping and squeezing performed during daily activities and can help reduce painful symptoms of tendonitis and stiffness in the wrists and elbows.

### **Comfort Pads**

Each Xtensor comes with two comfort pads; place one on the underside of the Xtensor Logo Pad. The 2nd comfort pad can be placed toward the top of the palm piece. Smaller hands will require a third pad doubled up on one of the other two.

### **Finger Band Instructions**

- 1. Pre Stretch fingerbands** prior to 1st use for best results, this will make sure the tail of the band does not pull through the attachment point on the palm piece during use and help to prevent premature breakage.
- Select Finger Bands most comfortable for your finger tips and configure them into position 1 of your Xtensor.
- With your thumb hold the tail of each finger band stretching the fingerband from the ring. Stretch each fingerband several times until it stretches 4-5 times its original length.

### **Tension Levels**

**Position 1:** This is the standard position for most users.

**Position 2:** For advanced users and should be gradually increased one finger at a time beginning with the larger fingers first.

**Position 3:** Specifically for quick; partial ranges of motion only. Designed to replicate guitar/piano playing or computer use.



**Instructions for normal, proper use of The Xtensor is based on a healthy Individual performing 1-3 sets of 10-20 repetitions every other day.**

**Seek approval from your medical specialist prior to beginning any exercise program.**

### **When using The Xtensor**

Begin with 1, 2, 3 or all 4 bands anchored into the 1st positioned depending on your individual capability. Maintain a neutral position with your wrist and hold your fingers open for 5-10 seconds for each repetition. Perform 10-20 repetitions per set. If performing more than one set, rest in between each for 30-60 seconds.

### **Exercises**

Holding your arm out straight and bent if necessary to avoid any discomfort in the elbow: Begin with palm facing down; to the side or with you palm facing up Perform a few repetitions while in each position for a total of 10-20 repetitions per set. Exercise according to your individual capabilities.

### **Advanced exercises**

1. Begin with palm facing down rotating palm up while fully opening the hand, return and repeat.
2. Begin with palm facing up rotating down while fully opening the hand, return and repeat.
3. Simulate your golf or tennis swing, fully opening your hand as you follow through, hold open for 5-10 seconds, repeat.
4. Simulate position of using a keyboard or Guitar performing quick partial ranges of motion.



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