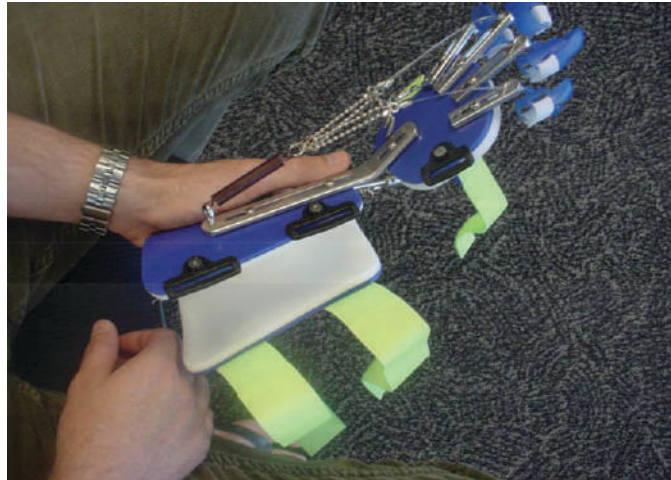


Applying the *SaeboFlex*



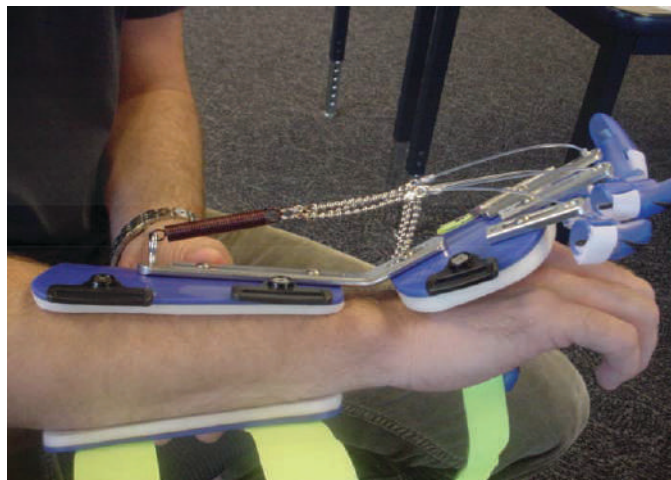
Please perform the following steps in a seated position.

1. Make sure all 3 straps are undone.
 - 2 Forearm Straps
 - 1 Hand Strap

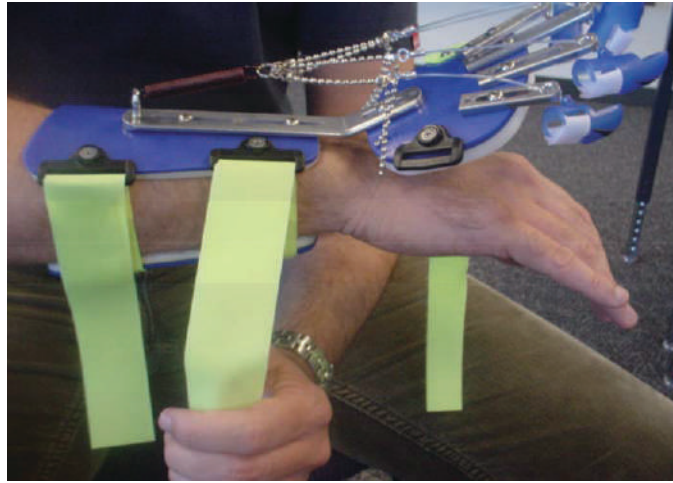


Note: The Finger Spring should be attached to the hook on the Wrist Mount.

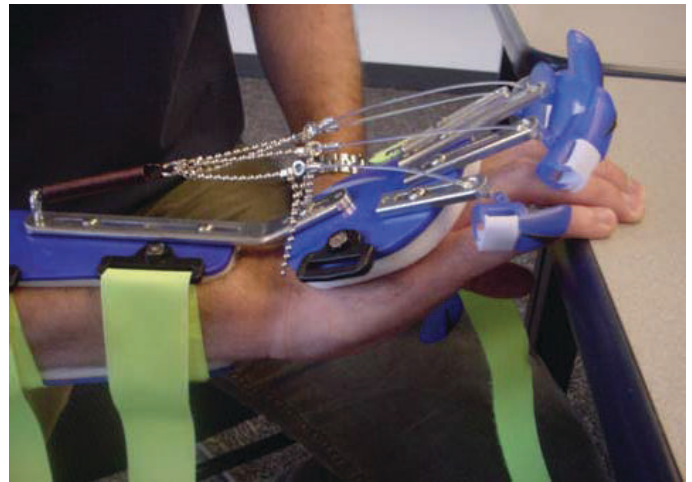
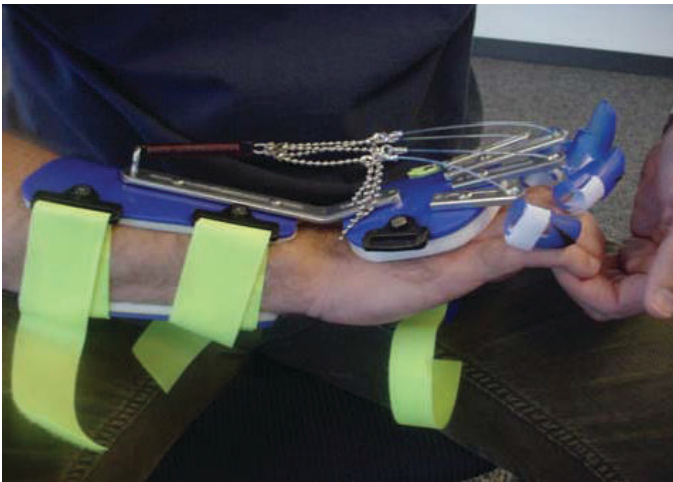
2. Place the *SaeboFlex* onto your forearm with the opening facing outward. Make sure the edge of the Forearm Shell (closer to the hand) is slightly above the bone on your wrist.



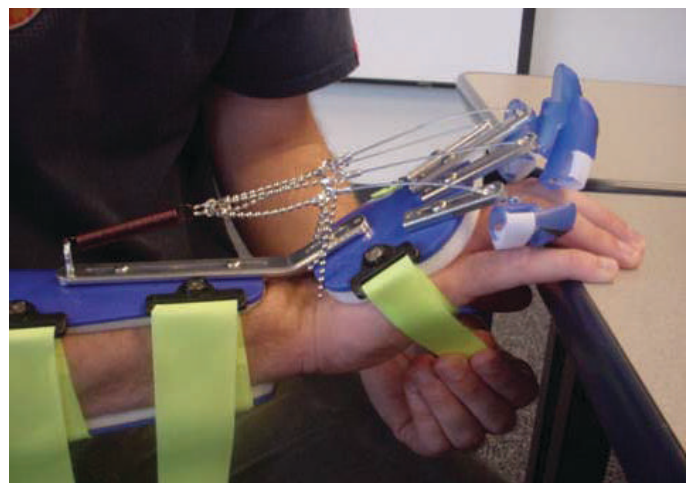
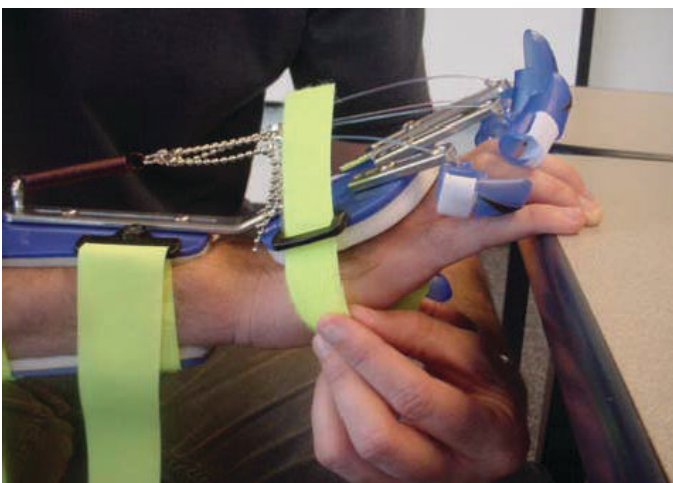
3. Once you have achieved this position, loop the 2 Forearm Straps through the rings and tighten securely.



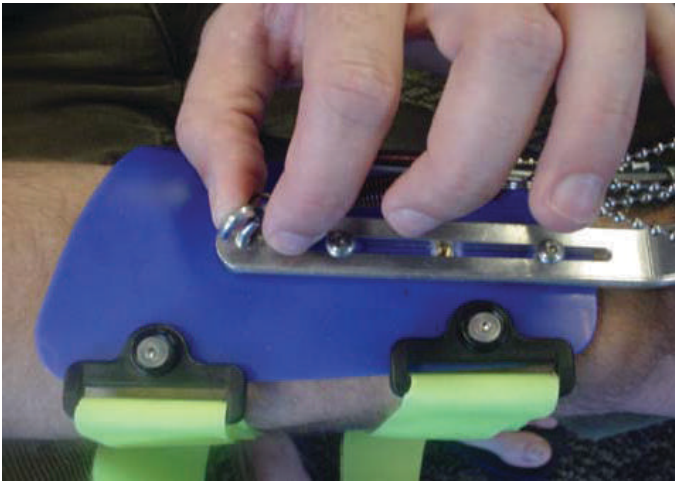
4. In order to apply the Hand Strap, you must first get your wrist and fingers in a straight or open position. Take your fingers and open them up as best as you can. Maintain the open position by resting them on your knee or the edge of a table.



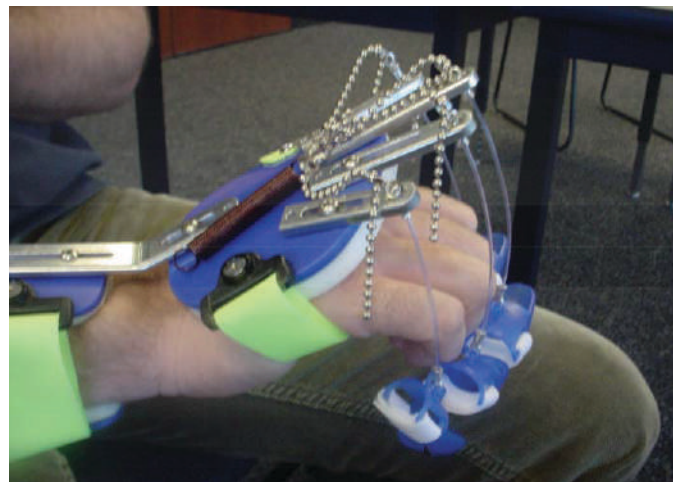
5. While maintaining the fingers in an open position, loop the Hand Strap through the ring and tighten securely.



6. Now that all 3 straps are secure, remove the Finger Spring from the Hook on the Wrist Mount located on the Forearm Shell by turning the Hook counterclockwise and removing.



7. Let the Digit Caps travel down toward the fingers.

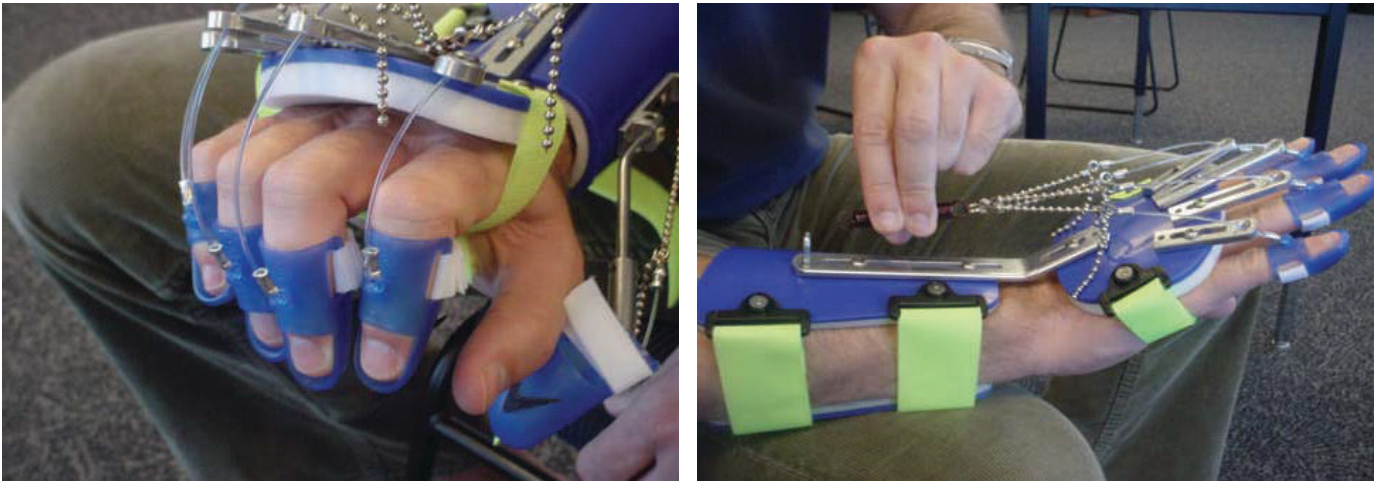


8. This step may be difficult for some people depending on hand tightness and spasticity. Starting with the index finger and finishing with the pinky, slide each finger into the Digit Cap. Make sure your finger tip is at the end of the inside portion of the Digit Cap and no space can be seen.

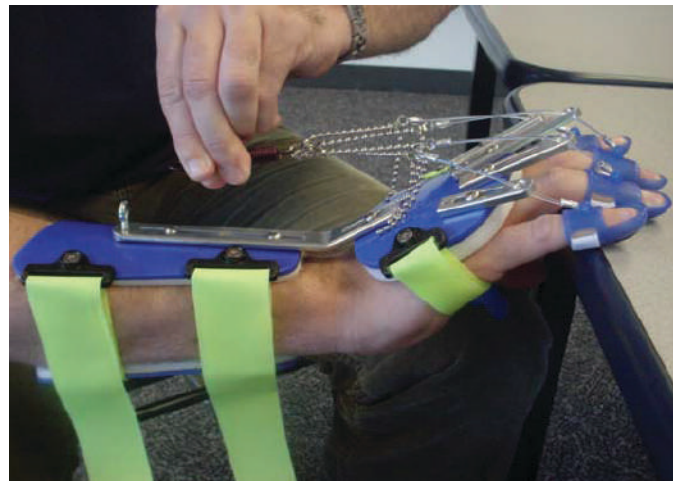


Note: In the beginning, you may need to loosen the Digit Cap strap prior to sliding your finger in and then tighten securely.

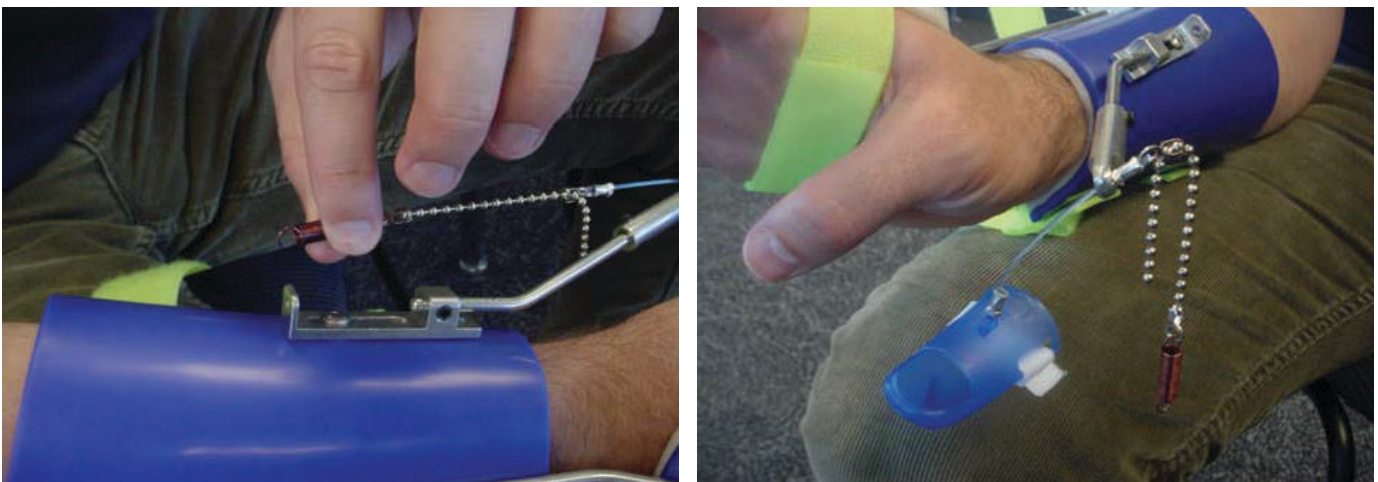
9. Once all four Digit Caps are securely on the fingers, locate the Finger Spring and re-attach it onto the Hook on the Wrist Mount located on the Forearm Shell.



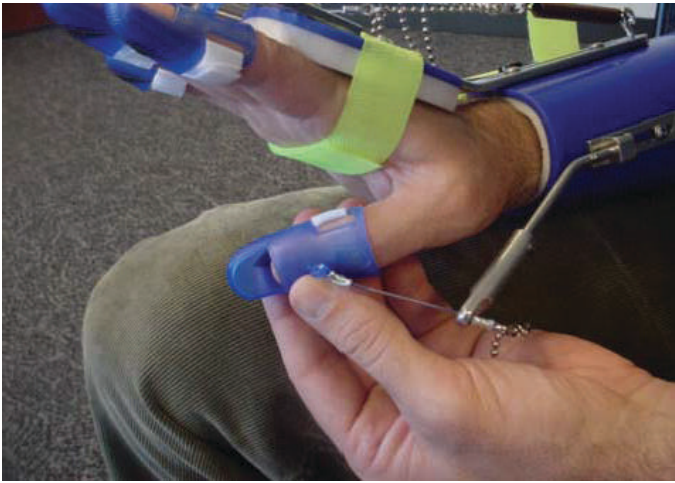
10. If you are unable to re-attach the Finger Spring to the Hook due to hand tightness, take your fingers and stretch them open as best as you can. Maintain the open position by resting them on your knee or the edge of a table and re-attach the Spring.



11. To apply the thumb Digit Cap, unhook the Thumb Spring attached to the Thumb Mount on the Forearm Shell. Let the Digit Cap travel down toward the thumb.



12. Slide the thumb into the Digit Cap. Make sure the tip of the thumb is at the end of the inside portion of the Digit Cap and no space can be seen.



13. Once the Digit Cap is securely on the thumb, re-attach the Spring to the Thumb Mount.



Congratulations

You are now ready to start your home exercise program!