



THE PRONATOR

CHALLENGE YOUR POTENTIAL

DESIGNED TO STRENGTHEN

- Forearm: Pronation and Supination
- Wrist: Radial and Ulnar Deviation
- Elbow: Flexion and Extension
- Shoulder: Internal and External Rotation
- Scapular Stabilizers



USE ANY FORM OF RESISTANCE IN YOUR CLINIC

- Vinyl Dumbbells
- Resistance Tubing
- Metal Dumbbells
- Resistance Band
- Cable Machines





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"We have implanted the Pronator into our individual pitcher's programs. It has become an integral part of our pitchers routine that assists in keeping them healthy and on the field."

Jeremiah Randall PT, DPT, ATC, CSCS, Cert DN
Houston Astros Head Athletic Trainer
Houston, TX

The Pronator offsets the weight challenging the rotator cuff in all shoulder exercises.

It is ideal for a clinic setting as The Pronator challenges muscles up to 11 times more than holding a normal dumbbell.