



## E-Z Exer-Board

### Item Number: A725 – 1

**Item Description:** 9" x 13" Mercolite board with two strips of Velcro hook stapled to it (one 1" {2.5cm} wide, one 4" {10.2cm} wide); 4 suction cups on the bottom of the board; 6 rollers and 1 finger block with Velcro loop attached to them (3 rollers are 2" (5.1cm) in diameter; 1 roller is 1" (2.5 cm) in diameter; 2 rollers are 3.4" (1.9 cm) in diameter); the finger block is 1 ¾" x 1 ½" x ¾" (4.4cm x 3.8cm x 1.9cm) thick.

### Indications:

The E-Z Exer-Board uses the seven resistive rollers to provide wrist flexion and tension, forearm supination and pronation, as well as resistive finger flexion, extension and lateral prehension in the clinic or at home.

### Care and Cleaning:

Clean with mild soap and water (dish detergent or "Murphy's Oil Soap"). Do not soak or immerse in water. Dry with soft cloth. Do not use alcohol or peroxide.

### Procedure:

To use, the patient works with E-Z Exer-Board and the seven different resistive rollers for restoring use to hands, wrists and forearms. The board has a suction cup base to provide stable platform for the seven tools that offer various resistance during exercise. Use 1" (2.5cm) hook strip and small object for increased resistive motion.



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