

Instructions

The Active Hands Hook Aid is designed to enable the user to grip and release exercise equipment. The hook aid is intended to be used on pull-up bars, machines with bar-type handles and some types of handle bars on bikes or hand bikes.

The hook aid should arrive to you fastened and with a separate pack of 4 rubber tubes.

How to use the hook aid

To put on the aid, follow the instructions below.

1. Undo the wrist strap and put your hand through it.
2. Undo the Velcro on the hook strap and move the hook to the desired distance from the wrist.
3. Refasten the Velcro, sticking it to the wrist strap.
4. Pull the wrist strap closed tightly, over the hook strap.
5. Slip the elastic loop over one finger (we advise the middle finger, but it is up to personal preference)

*Ensure the hook strap Velcro reaches the bottom of the wrist strap to ensure a firm fixing.

**We advise attaching the hook closer to the wrist than you might initially expect. It may take a few attempts to get it the correct position.

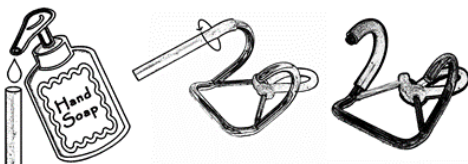
*The neoprene section should fit along the palm of the hand to protect from rubbing or discomfort.



Attaching the optional silicon hook tubing

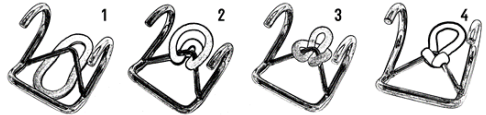
The hook aid can be used without this tubing if gripping rubberized, foam covered or padded bars. If extra padding is desired (e.g. for metal bars), the tubing can be added to the hooks.

To add the tubing, put a drop or two of hand soap in one end of the tubing and slide over the hook (with a twisting motion). This may require the assistance of someone with a firm grip. Once added, they may not be easily removed.



How to attach the elastic loop

To reattach the loop to the middle of the 'V' section, follow the diagrams below.



Customisation

To ensure a comfortable fit, the neoprene palm section can be trimmed or a small slit can be cut to allow the elastic loop to pass through it (see diagram to the right). We recommend using the hook aids a number of times before altering them.



Precautions

If you are unsure whether this gripping aid is suitable for you, ask your Doctor, therapist or medical practitioner before use.

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

- Take extra care when lifting heavy objects that you can return them to the ground safely.
- When under tension the product will not 'let go', so ensure that you are able to move your arm towards the gripped object to create slack to enable the hook to 'let go' when required.
- If you are unsure if the hook will adequately grip the item to be used, test in a safe environment first and do not use if unsure.
- Ensure the Velcro strap which holds the hook reaches the bottom of the wrist strap or further so that there is enough Velcro in contact with the wrist strap to hold firmly when in use.
- The wrist strap must always be fastened on top of the hook strap to hold it in place.
- Do not use if the product becomes damaged.

