DanMic Global
Exercise & Therapy Putty Instructions

Ambi-Dx® Putty
Silky-soft and dry feel premium putty.

Available in five resistances.

Ambi·Dx
Premium Hand Therapy Putty

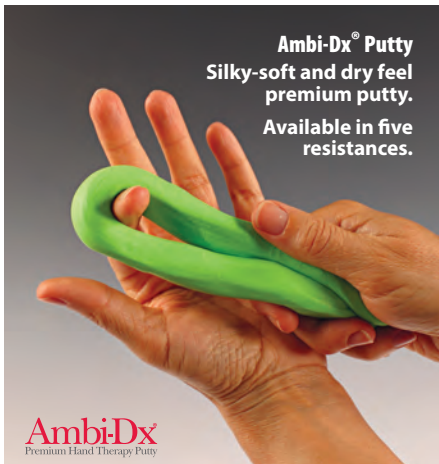### Eco-Putty™
Economical therapy putty.

Available in six resistances.

Eco-Putty
Hand Therapy Putty

DanMic Global, LLC

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USE PRECAUTIONS:

Exercise Putty is intended for hand therapy and exercises for a single patient only. Always wash and dry hands thoroughly before using putty. Make sure hands are free of lotions, sun blocks and oils. If you perspire in the palm of the hand, wash and dry hands frequently. Remove all jewelry. Place putty back in its container after use. Avoid getting on clothes, fabric or carpet. If by accident it gets onto clothes or fabric, freezing the garment/fabric may facilitate removal of most of the putty by hardening the putty and enabling you to break it off. Do not use solvents or any other liquids.

Keep putty away from children and pets. It is not a toy. It is intended to be used for physical and functional training exercises as instructed or recommended by a medical professional such as a Physician and/or Rehabilitation expert.

TEMPERATURE AND HUMIDITY CONSIDERATIONS:

Putty resistance is temperature and humidity sensitive. Putty is designed to be used at normal room temperature and humidity (i.e. 68°-79° Fahrenheit (20°-26° Celsius) and 40-60% relative humidity). Lower resistance putty, such as Eco-Putty™ Level 1, color Tan and Ambi-dx® putty Level 1, color White, are affected by high temperatures. At elevated temperatures, 85°–105° Fahrenheit (30°–40° Celsius), putty can feel soft and sticky. At lower temperatures the resistance may feel a little harder. At temperatures below 41° Fahrenheit (5° Celsius), the putty's performance characteristics will be altered. At temperatures below freezing it will get hard and can break apart. Lower relative humidity will not adversely affect the performance of the putty. Be cautious of water and humidity as putty can absorb water and alter the resistance. High relative humidity can also affect the consistency of the putty and make it more fluid and change the viscosity. Once water is absorbed, the putty characteristics cannot be restored, the putty is permanently damaged.

STORAGE:

When putty is not in use, it should be stored in its container at room temperature. Store putty with the container standing upright. Do not store upside down. Do not store putty exposed to direct sunlight.

WARRANTY:

We warrant that DanMic Exercise Putty is fit for its intended purpose. This warranty does not cover consequential damages and the liability is limited to replacing items sold in accordance with the stipulations contained in this warranty. No other warranty, express or implied is made.
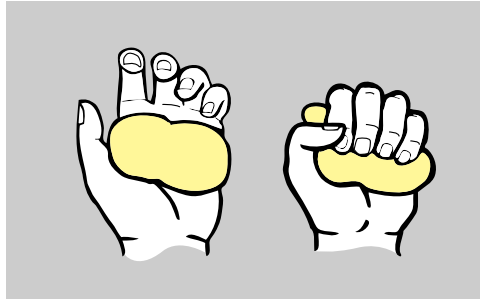

Store Putty in its container at room temperature with the lid sealed to protect the resistance characteristics.

CE EC REP Four D Rubber Co. Ltd.
Delves Road, Heanor
Derbyshire DE75 7SJ, UK

DanMic Global Exercise Putty Instructions
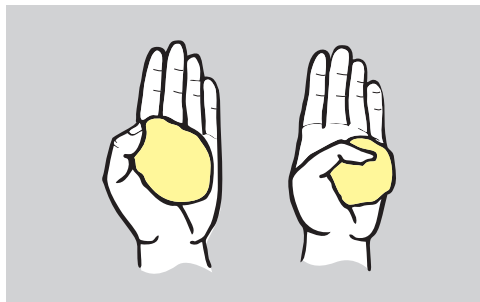
Full Grip:

Grip the putty in the palm of your hand and squeeze your fingers and/or thumb into the putty while making a fist.
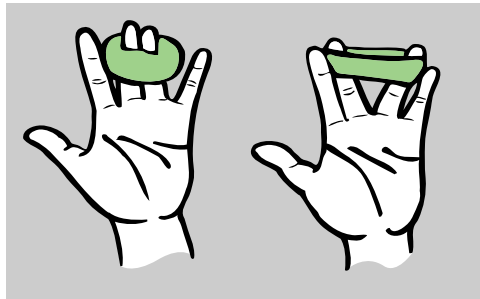
Therapy Recommendation

Finger/Thumb Press:

Form putty into a ball and place in the palm of the hand. Press and sink fingers/thumb into putty.
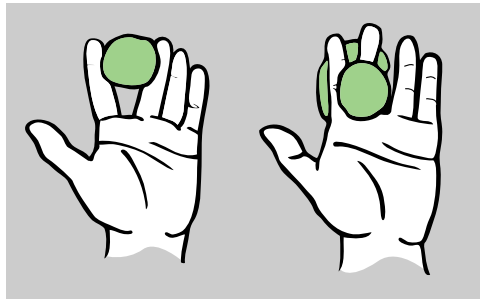
Therapy Recommendation

Scissor Spread:

Loop putty around the tops of two fingers while they are held together. Spread fingers apart.

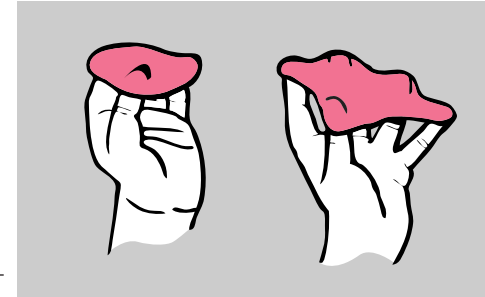*Therapy Recommendation*

Finger Scissor:

Form putty into a ball and place between two fingers. Squeeze fingers together in a scissor-like motion.
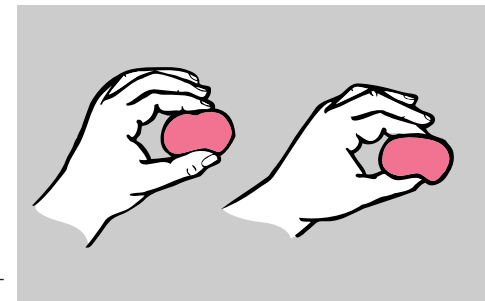
Therapy Recommendation

Finger Spread:

Form the putty into a thick pancake shape and mold over the tips of your fingers while they are held together. Spread fingers out through the putty. Putty can also be placed on a tabletop.

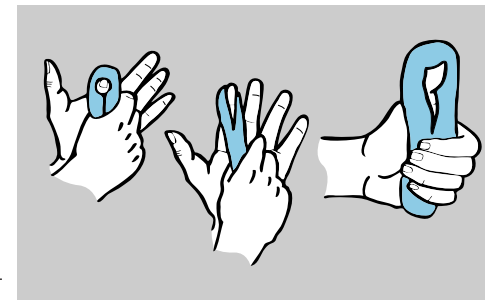*Therapy Recommendation*

Finger Pinch:

Roll putty into a ball. Pinch between fingertips and thumb. Can be done with each finger.

Therapy Recommendation
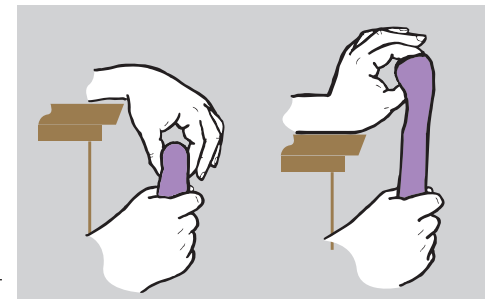
Finger/Thumb Extensions:

Bring finger or thumb to the palm of the hand and wrap putty around the tip of the finger/thumb. While holding onto the putty extend finger or thumb.

Therapy Recommendation

Wrist Extension:

Rest forearm on table or arm of chair with wrist hanging over edge. Grip putty with fingers and extend wrist.

Therapy Recommendation

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