



## USE AND MAINTENANCE

### MANUAL

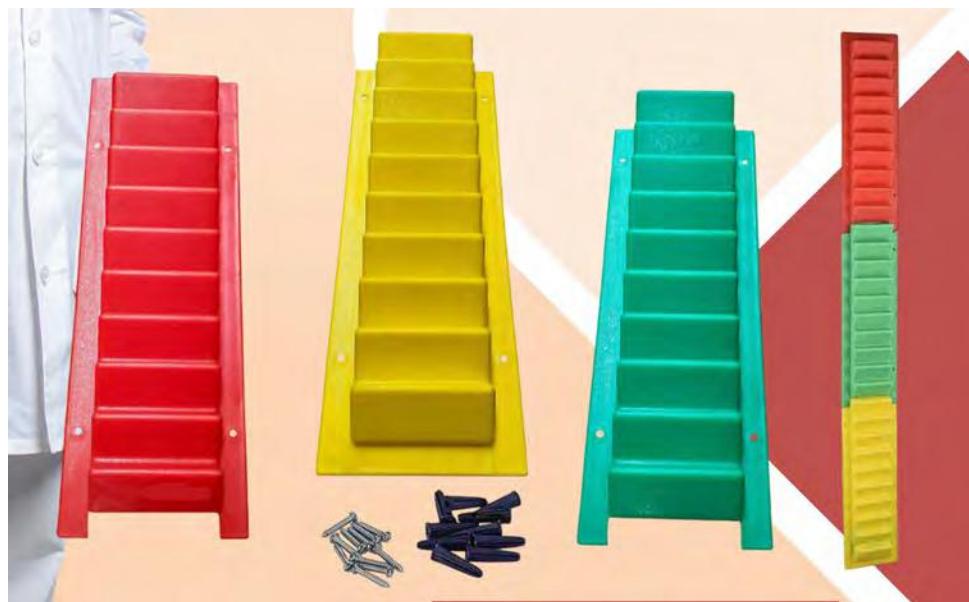
## Shoulder and Finger Ladder

**VT WLFE -1GG AG**



## 📋 Product Description

The Wall-Mounted Shoulder and Finger Ladder is a therapeutic device used in physiotherapy and rehabilitation to improve the range of motion, flexibility, and strength of the shoulder, elbow, and fingers.





## 🔧 Installation Instructions

***Important: Ensure the product is installed on a strong, concrete or brick wall. Do not install on plasterboard or thin partitions.***

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### 1. Mark the wall:

Hold the ladder against the wall at shoulder height. Mark the holes for the mounting brackets.

### 2. Drill holes:

Drill at the marked points using a drill bit suitable for the wall material.

### 3. Insert wall plugs:

Insert the supplied wall plugs into the drilled holes.

### 4. Mount the ladder:

Align the ladder's brackets with the drilled holes. Use screws to firmly fix the ladder to the wall.

### 5. Check stability:

Gently pull and push the ladder to ensure it is stable and securely fixed.

## ✓ Safety Instructions

- Always consult your physiotherapist or doctor before using.
- Ensure the ladder is securely mounted before each use.
- Keep away from children unless supervised.
- Use in a dry indoor area only.
- Do not hang or swing from the ladder.



## How to Use

### 1. Shoulder Mobility Exercise

- Stand facing the ladder.
- Place your fingers on the lowest rung.
- Slowly walk your fingers up the ladder as far as you can reach without pain.
- Hold for a few seconds.
- Slowly walk your fingers back down.
- Repeat 10 times per session.

### 2. Finger Climbing Exercise

- Place only the fingers of one hand on the ladder.
- “Climb” each rung with fingers only (without moving the arm too much).
- Useful for improving fine motor control and finger range.

### 3. Abduction and Lateral Raise

- Stand sideways to the ladder.
- Using the outer hand, walk fingers up diagonally (across the ladder).
- Helps in lateral shoulder mobility.

### 4. Passive Assistance

- Use your unaffected hand to help guide and support the affected hand as you move it up/down the ladder.
- This is especially useful during early-stage rehab.

### Cleaning & Maintenance

- Wipe with a damp cloth regularly.
- Avoid using harsh chemicals or abrasive scrubbers.
- Check mounting brackets monthly for tightness and stability.



### Recommended Use

- Daily, 1–2 sessions of 10–15 minutes.
- Under the guidance of a physiotherapist, especially post shoulder surgery, frozen shoulder, or stroke rehab.

### Warning

Do not continue exercises if you experience:

- Sharp pain
- Dizziness
- Unusual fatigue or swelling

Immediately contact your physician or therapist.

### Contact & Support

Vego & Thomson India

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