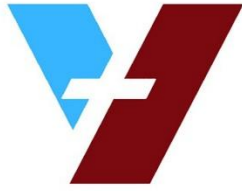


USE AND MAINTENANCE MANUAL

Finger Exerciser Web



VT FE-200 AG



VEGO & THOMSON

Product Description

The Finger Exerciser is a specialized physiotherapy device designed to improve finger strength, mobility, and dexterity. It is commonly used for stroke recovery, post-surgical hand therapy, and occupational rehabilitation.

Installation Instructions

Note: Should be installed or demonstrated by a technician or under supervision.

1. Select a Location:
 - Choose a flat vertical surface at chest or shoulder height.
 - Ensure sit on stool or comfortable space.

2. Check Fitment:
 - Verify the device is level and firmly secured.

Safety Guidelines

- Always begin exercises under professional guidance.
- Ensure unit is mounted securely before each use.
- Avoid if fingers are swollen, fractured, or injured.
- Clean device after each session.



How to Use

1. Finger Lifting:

- Place your fingers on individual paddles or resistance tabs.
- Try to lift each finger independently against resistance.
- Hold for 3 seconds and relax.
- Repeat 10 times per finger.

2. Tapping Exercise:

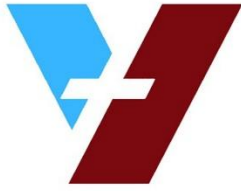
- Tap each finger up and down on the surface or tab.
- Focus on coordinated movement.
- Useful for improving neuromuscular control.

3. Stretch and Release:

- Press the fingers into the spring-loaded pads.
- Hold a stretch for 5 seconds.
- Release slowly.
- Strengthens flexor and extensor muscles.

4. Thumb Work:

- Target thumb movement separately.
- Press and slide the thumb pad horizontally.



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Cleaning and Maintenance

- Use a damp microfiber cloth to clean.
- Do not immerse in water.

Recommended Usage

- 10–15 minutes, twice daily.
- Increase duration gradually as strength improves.

Warning

Stop using immediately if you feel:

- Sharp pain
- Numbness
- Swelling
- Extreme fatigue in fingers or hand

Consult your doctor before resuming use.

Contact & Support

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