

Hand Therapy Physio Device



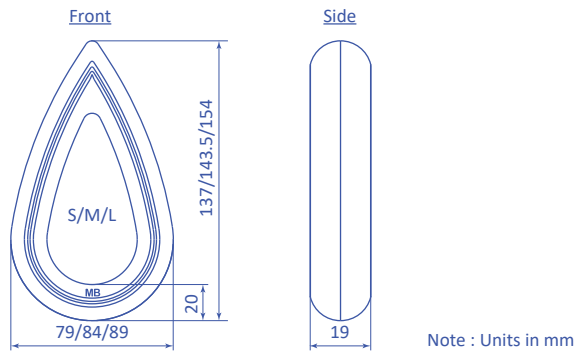
Instructions for Use (IFU)

Gem Loop is intended to be used for :

- | | |
|---------------------------------------|--|
| Rehabilitation & Strengthening | - Assist in hand and finger rehabilitation |
| | - Assist in strengthening muscles. |
| | - Regain motor control and strength. |
| Improving circulation & stress relief | - Promotes blood circulation in the hands and fingers. |
| | - Trigger the relaxation response in the body. |
| | - Promote a sense of calm and reduce stress levels. |
| Coordination and dexterity | - Engage the small muscles of the hand and fingers in various movements. |
| Sensory stimulation | - Provide sensory stimulation and tactile sensation. |
| Relaxation | - Stress & tension relief |

Product Description

Gem Loop, made from silicone rubber with good flexibility, offers excellent elasticity and durability. Available in 3 tension types — Soft, Medium and Hard — it accommodates different strength levels and palm sizes. Its unique textured surface ensures optimal grip and comfort, enhancing hand strength and dexterity through targeted exercises.



Description	AccuPress (Gem Loop)		
Material	Silicone Rubber		
Tension Type	Soft	Medium	Hard
Product Code	MB02-0101-01/02/03	MB02-0102-01/02/03	MB02-0103-01/02/03
Colour	RAL 6017 (Green)	RAL 5015(Ultramarine Blue)	RAL 3020 (Traffic Red)

Distributed by:

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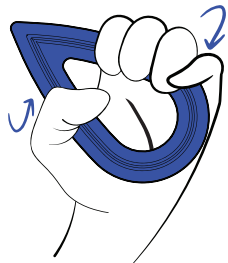
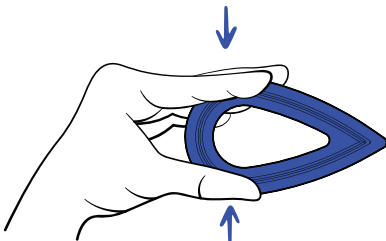
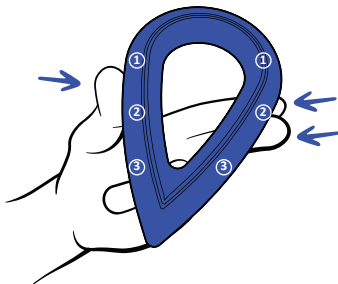
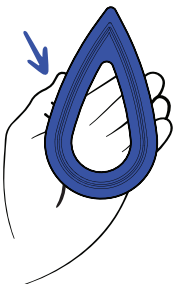
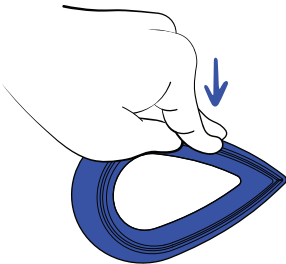

Hand Therapy Physio Device



Warning

1. Keep away from direct sunlight.
2. Ensure there is no wear and tear before usage.
3. Keep out of reach of young children and pets.
4. Start with gentle exercises and gradually increase intensity as your strength improves.
5. Should you experience pain or discomfort during use, stop immediately and consult a healthcare professional.

Recommended Exercises

 <p>Gem Grip (Wrist Down)</p> <ol style="list-style-type: none"> 1. Grip gem in palm. 2. Turn hand in so it faces down 3. Squeeze the gem in the palm 4. Hold and relax 5. Repeat 	 <p>Pinch</p> <ol style="list-style-type: none"> 1. Place gem between the thumb and the index finger 2. Squeeze together 3. Hold and relax 4. Repeat 	 <p>3 Finger Press</p> <ol style="list-style-type: none"> 1. Move your fingers to the position; 1,2 or 3, as shown above. 2. Squeeze together 3. Hold and relax 4. Move down the gem loop from 1 to 3 to practise different tension 5. Repeat
 <p>Opposition</p> <ol style="list-style-type: none"> 1. Place gem in the palm of the hand 2. Keep between thumb and finger being exercised 3. Squeeze thumb and finger together 4. Hold and relax hand 5. Repeat 	 <p>Press Down</p> <ol style="list-style-type: none"> 1. Place the gem on a table 2. Put tips of finger on the gem 3. Press the gem downwards on the table 4. Repeat 	 <p>Finger Bend</p> <ol style="list-style-type: none"> 1. Place the gem in the palm of the hand with fingers pressed into the gem 2. Push fingers into the gem as if you are bending your fingers 3. Hold and relax 4. Repeat

*Please consult your healthcare professional / occupational therapist / physiotherapist for more tailored exercises.



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Storage and Maintenance

1. Clean the Gem Loop regularly with mild soap and water to remove dirt and sweat buildup.
2. Store the Gem Loop in a cool, dry place away from direct sunlight when not in use.
3. Replace the Gem Loop if it shows signs of wear or damage to ensure safe and effective use.

Symbol and Mark Key



Batch No.



Date of Manufacture



Expiry Date

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