

# HE5001 Small Hand Exerciser and HE5005 Large Hand Exerciser

**\*CAUTION: DO NOT OVERHEAT!!** Due to the nature of the gel, it may only feel warm to the touch, but if the exerciser has been overheated, too much heat may be transferred to the body and can cause burns.

1. **FOR MUSCLE STRENGTHENING:** Greatly increased strength of hand and finger muscle results from repeated gripping of the exerciser several times a day for periods of 5 to 10 minutes. As muscles strengthen and more pressure is applied, more resistance is developed by the exerciser.
2. **FOR COLD APPLICATION:** Store the exerciser in the freezer for a minimum of one (1) hour. It may be left in the freezer indefinitely until ready to use. It will remain flexible even at 20° F. Remove the exerciser prior to defrosting the freezer. **Note: Always store product in a plastic bag while in freezer.**
3. **FOR HEAT APPLICATION:** The most convenient method of heating the exerciser is in a **microwave oven**. Suggested heating times:

Small Hand Exerciser: **600-700 watt microwave:** 20 - 30 Seconds, **1100 watt:** 15 Seconds

Large Hand Exerciser: **600-700 watt microwave:** 25 - 35 Seconds per side,  
**1100 watt:** 30 Seconds per side

**Note: all microwaves vary in heating and may have “hot spots”. Be cautious when heating.**

Wait one minute (60 seconds) before use. The exerciser should feel **WARM** to the touch, **NOT HOT**. Hold the exerciser firmly against the skin for 30 seconds **before re-heating\***. If the exerciser is not warm enough, heat in 10 second increments and rotate the product each time.

The exerciser can also be heated in a **conventional oven** at 250° F for 10 minutes. Place exerciser on a cookie sheet or baking dish in the center of the oven. Flip the exerciser after 6 minutes to get even heat both sides.

4. **DO NOT GET THE PRODUCTS WET:**  
The gel will absorb water and swell. If the product becomes damp, lay it on a flat surface and allow it to fully air dry before continuing use. Do not use wet towels under the gel.
5. **CLEANING INSTRUCTIONS:**  
Remove the outside cover and hand wash in cold water and mild soap. Hang up to dry. Wipe the white inner cover with a damp (not wet) cloth using mild soap or disinfectant. Allow the product to fully air dry before continuing to use.



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