

Instructions for Use

Please follow these 6 Steps carefully...

Step 1

Plug the wall adapter into a 110V or 220V AC wall outlet. Plug the other end into the Carpal Rx[®] as shown in the photo. The device will start.



Step 2

Slide your affected hand into the straps of the Carpal Rx[®] as shown in the photo. Do not tighten the straps yet.



Step 3

Move the device around your wrist to find a comfortable spot. Make sure the crease in your wrist is at the **FRONT EDGE** of the Carpal Rx[®] as shown by the red arrow. **THE DEVICE MUST BE ON YOUR WRIST TO WORK.**



Step 4

GENTLY tighten each strap. You can rest the Carpal Rx[®] on a steady surface like your lap. Adjust the straps so that you feel a good massage. **THE DEVICE SHOULD NOT GRIND OR CAUSE PAIN.**



Step 5

Rest in a comfortable position (bed or chair) while your arm is being massaged. Your hand can be in almost any position that feels comfortable.

For a deeper massage, hold a **THERAPY BALL** as shown below. A tighter grip on the ball means a more thorough massage, and better results.



Step 6

Use **TWICE DAILY** for **15 MINUTES** each time; preferably in the morning and evening. **RESULTS OCCUR IN 2-4 WEEKS OF DAILY USE.**

Note: Discontinue use if irritation or pain occurs. See additional CAUTIONS on back.