



# Bedienungsanleitung



**Power-Web Junior Handtrainer**  
**ø19 cm, 3 Stärken, 3er-Set**

Art.-Nr. 21255

▶▶▶ [zum Produkt...](#)

Power Web Trainer

▶▶▶ [zur Kategorie...](#)

**Here's what people are saying about  
POWER•WEB® and POWER•WEB® Jr!**

"The greatest advance in rehabilitation and training of the hands, fingers and wrists that I have ever seen."

*Dr. Jack Usdin  
Orthopedic Surgeon*

"...the only effective tool in our clinic for finger extension and thumb opposition exercises. Our patients love using the POWER•WEB®!"

*Jupiter Hand Clinic  
Jupiter, Florida*

"The number of exercises which can be performed using the POWER•WEB® is only limited to one's imagination."

*Tampa Hand Rehabilitation Center  
Tampa, Florida*

"The POWER•WEB® is excellent — a true wonder."

*Golf World Magazine*

"I've got all six and wouldn't give them to anyone!"

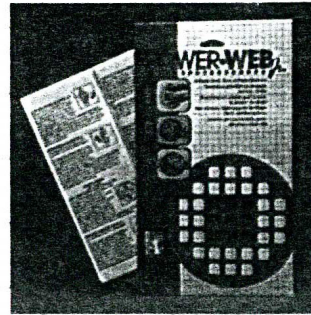
*Mike Morris  
Lineman, Minnesota Vikings*

Used by an increasing number of pro-team athletic trainers — "We use the POWER•WEB® in our therapy programs."

*Jim Whitsell  
Head Athletic Trainer  
Seattle Seahawks*

... and the American Fitness Association says...  
"...outstanding strength and safety...excellent for building upper body strength... increases strength in arthritis...decreases pain in carpal tunnel syndrome..."

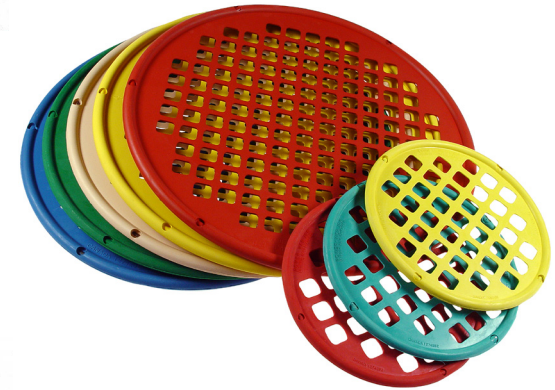
Each POWER•WEB® and POWER•WEB® Jr. package includes a user's manual containing 39 fully illustrated exercises for the fingers, thumb, wrist, forearm and ankle.



POWER•WEB® Jr. is now available in an eye-catching full color package suitable for retailing.

*Original*  
**POWER•WEB®  
And  
POWER•WEB® Jr.**

*Ultimate Hand, Wrist and  
Forearm Exercisers*



**For The Athletic Trainer And  
Sports Enthusiast**

The hands and wrists are two of the most frequently injured parts of the body. Many trainers are incorporating POWER•WEB® or POWER•WEB® Jr. into their strengthening programs or as a pre-game warm up. There's nothing else like POWER•WEB® and POWER•WEB® Jr. for developing strength, dexterity and range of motion.

**For The Therapist**

You won't find hand strengthening devices as versatile and easy to use as POWER•WEB® and POWER•WEB® Jr. These effective exercisers can be utilized for hard-to-imitate joint actions such as forearm pronation and supination, finger extension, thumb opposition, and more. Exercises can be adapted and developed to meet your patient's special needs. POWER•WEB® and POWER•WEB® Jr. — a new direction in hand therapy!

## Original

### POWER•WEB® Hand Exerciser

POWER•WEB® is 14" in diameter and weighs sixteen ounces. Its unique patented design allows a variety of exercises to be performed comfortably and effectively. Constructed of high quality rubber with special agents added for durability and strength, the POWER•WEB® will last for years (with proper use and care).



POWER•WEB® Hand Exerciser is available in six resistance levels:

- Ultra Light (Beige) — Least resistance
- Light (Yellow) — Slight resistance
- Medium (Red) — Moderate resistance
- Heavy (Green) — Significant resistance
- Super Heavy (Blue) — Super resistance
- Ultra Heavy (Black) — Ultimate resistance



### Key Benefits Of POWER•WEB® And POWER•WEB® Jr. Hand Exercisers

- ◆ Allows duplication of virtually all joint actions including flexion, extension, opposition, abduction, adduction, pronation, and supination
- ◆ Resistance of each web can be modified to meet specific needs by adjusting hand position and/or depth of finger insertion
- ◆ Both hands can be exercised at once, or a single finger isolated and exercised
- ◆ Accommodates all hand sizes and strength levels
- ◆ Exercise coupled with proper resistance allows for full range of motion
- ◆ Color-coded resistance levels for variability
- ◆ One exerciser does the work of many
- ◆ Easy and fun to use
- ◆ Illustrated manual included
- ◆ Carrying case available
- ◆ 30-day guarantee



### POWER•WEB® Jr. Hand Exerciser

POWER•WEB® Jr. is 7" in diameter and weighs eight ounces. Just half the size of the original POWER•WEB®, it has all the same features as the larger product and delivers many of the same benefits when used in a hand rehabilitation exercise program.



POWER•WEB® Jr. Hand Exerciser is available in three resistance levels:

- Light (Yellow)—Slight resistance
- Medium (Red)—Moderate resistance
- Heavy (Green)—Significant resistance





**Sport-Tec GmbH**  
**Physio & Fitness**

Lemberger Straße 255  
D-66955 Pirmasens

Tel.: +49 (0) 6331 1480-0  
Fax: +49 (0) 63 31 14 80-220  
E-Mail: [info@sport-tec.de](mailto:info@sport-tec.de)  
Web: [www.sport-tec.de](http://www.sport-tec.de)