



North Coast

Hand Pump

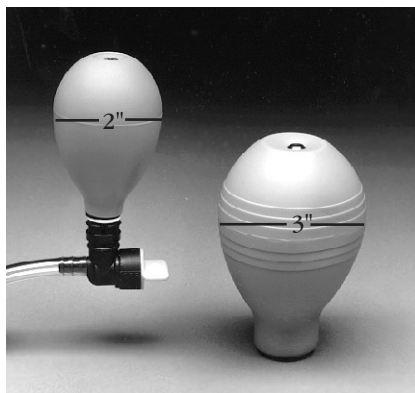
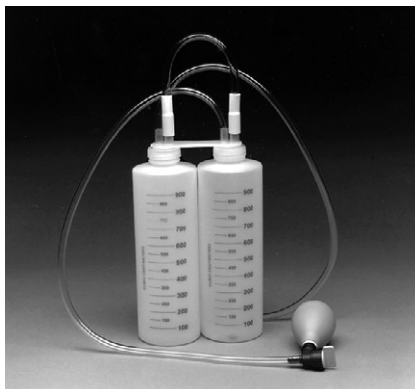
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Indications For Use

Ideal for strengthening weak hands and fingers using a graded resistive program with visual feedback. Gripping and pinching can be performed using the different sized bulbs.

1. Fill one bottle with water to 900 cc. Attach the one-way valve assembly to this bottle. Fill only one bottle.
2. To change bulb sizes, unscrew bulb from bulb assembly and replace with preferred bulb size.
3. Open the one-way air valve. The amount of pumping resistance can be adjusted. The further the valve is opened, the less resistance will be required.
4. Squeeze the bulb to force water from one bottle to the other.
5. Once water has been pumped from one bottle into the other, disconnect the bulb and one-way valve assembly. Remove from empty tube and insert into tube of full bottle. A small amount of petroleum jelly on the stem of the one-way valve makes disconnection from hose easier.



The E-Z Hand Pump includes two plastic bottles, two hand bulbs and one-way valve assembly.

Note:

Wash in warm soapy water. Air dry. When using the smaller bulb, not all of the water may be pumped out, leaving a few CC's in the bottle. This is due to limited pressure force with this size bulb.



North Coast Medical, Inc.
Gilroy, California U.S.A.
Authorised Representative
Medica Surgical Innovations Ltd.
BB2 4PB UK