



# North Coast™ Weight Well

NC73703

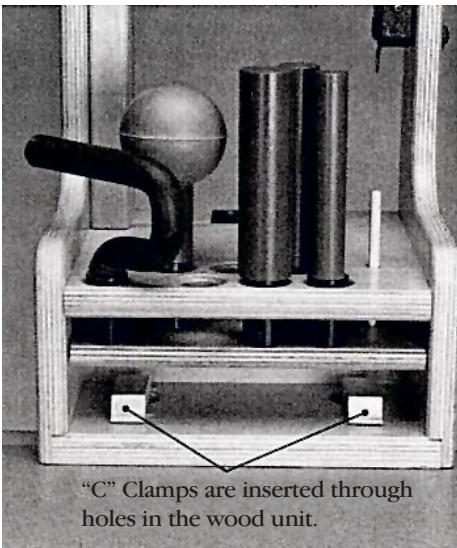


## Indications

Upper extremity strengthening.

## Includes:

- 1 wood weight well with a rotation counter.
- 2 “C” clamps for table top attachment.
- 6 handle attachments.
- 1 spool handle with weight rope.
- 1 dowel peg for handle release.
- 1 reversible ratchet mechanism.
- 1 1/8" allen wrench.
- 1 replacement ratchet key.

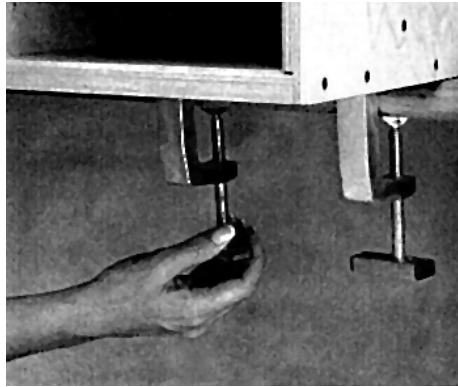


## North Coast Weight Well

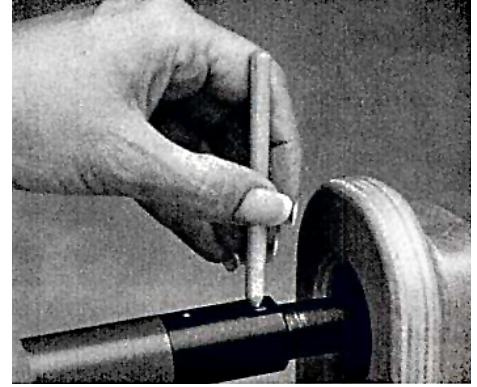
Unique double “C” clamp design has a strong grip for extra stability.

**Note:** “C” clamps must be inserted through holes in the wood unit before clamping to table.

## Instructions



1. Slide the North Coast Weight Well onto a table top and tighten both “C” clamps until they are tight. Grasp the rotation handle in the middle and pull firmly to assure that clamps are secured.



2. To slip the spool and the desired handle on and off, use the dowel peg to aid in pressing the spring clamp.



3. Use the clip fastener at the end of the rope to attach weights. Amount of weight should not exceed 15 pounds (6.8kg). Use North Coast Soft Bag Weights (NC73702) or Slotted Weights (NC52043) and Weight Pan (NC52044).



4. Set the reversible ratchet lever as desired. If lever is pointed away from the client, the handle will rotate towards the client. If the lever is pointed toward the client, the handle will rotate away from them. The center position stops rotation.

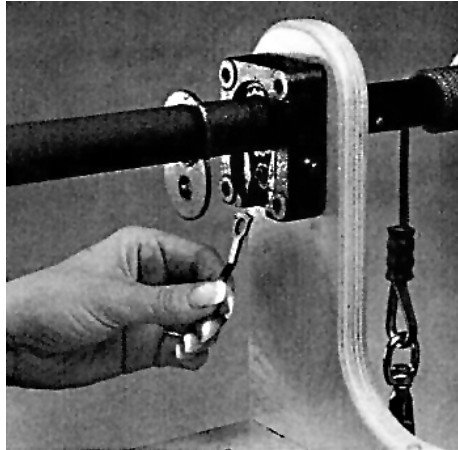
**Warning:** Care must be taken when reversing the lever with weights attached to the fastening clip. Allow the weight to descend and hit the floor or a surface support like a chair or a stool. The descent of the weight must not pull on the ratchet cord or else it can damage the unit.



5. Set the counter to zero by depressing the red button. Have the client rotate the handle in the prescribed direction. When weight has reached the top, reverse ratchet and apply pressure to the center of the rotating crank, allowing weights to descend. Repeat exercise with handle rotating in the opposite direction. Reset the counter as desired to count the number of rotations performed.

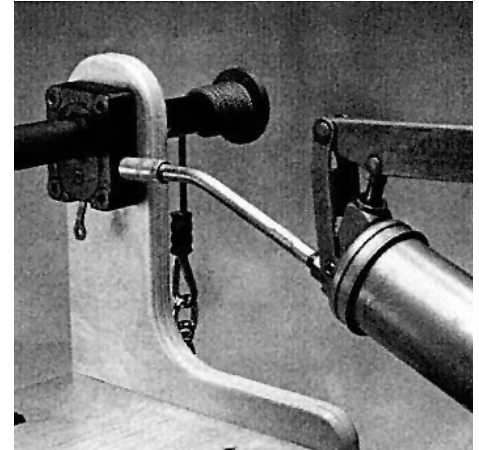
**Note:** The counter uses a lithium battery, which lasts approximately five years.

## Replacing the Ratchet Lever



1. A replacement ratchet key is included with the North Coast Weight Well. When the handle no longer turns in both directions or the ratchet fails to act as a brake, when placed in the center position, the ratchet key must be replaced.

Use an 1/8" allen wrench to remove the hex screw from the ratchet box's coverplate. Lift the coverplate off and pull the ratchet key out gently. Replace the ratchet key with the new key. Be sure to place it in the same position as the original key. Replace the coverplate and tighten the hex screw.



2. Caution must be taken when reversing ratchet direction to lower weights. To reverse direction, apply pressure against the center of the rotating crank, then slowly allow the weight to descend until the spool is unwound. Proper lowering of the weights will extend the life of the ratchet key. About once a month and when the lever is replaced, a grease gun can be used to lubricate the gear box through the grease fitting.

To be used under the guidance of a qualified medical professional.



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