

exercise

puttycise® tools take putty beyond flexionSM



patented

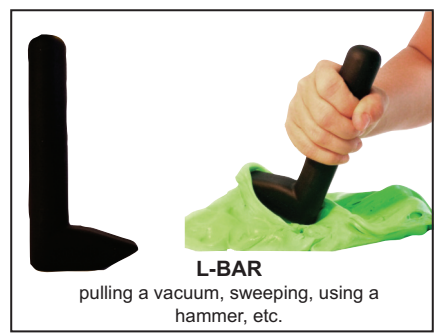
Puttycise® tools can be pushed, pulled or turned through exercise putty to generate specified exercises. Changing the putty resistance will increase or decrease the difficulty level. The Puttycise® family consists of 5 functional tools which all work by inserting the tool base into exercise putty.

- simulates functional activity
- teaches joint protection techniques
- easy to use, easy to teach
- best when used with 6 oz or more of TheraPutty® material



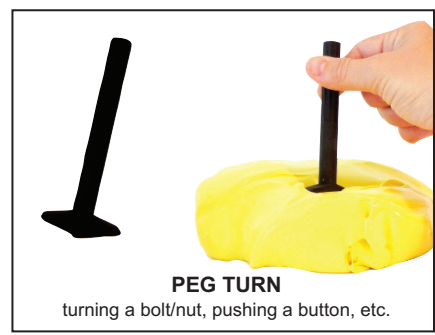
KNOB TURN

opening a door, tightening a jar, etc.



L-BAR

pulling a vacuum, sweeping, using a hammer, etc.



PEG TURN

turning a bolt/nut, pushing a button, etc.



KEY TURN

turning a key, throwing a frisbee, etc.



CAP TURN

opening a bottle, turning on a stove, etc.

Puttycise® TheraPutty® kits

each kit includes:

- 4 TheraPutty® containers (1 in each of 4 resistances as indicated below)
- set of 5 Puttycise® tools (1 each)
- carry bag
- set of instructions

	easy	med	hard	
6 oz kit	10-2822	10-2828	10-2834	97.50
1 lb kit	10-2824	10-2830	10-2836	155.00
5 lb kit	10-2826	10-2832	10-2838	442.50

easy:	1 each putty	tan	yellow	red	green
medium:	1 each putty	yellow	red	green	blue
hard:	1 each putty	red	green	blue	black

Buy the kit or individual pieces



6 oz medium kit shown

Puttycise® tools

10-2820	5-piece tool set	70.00
10-2821	tool set w/carry bag and instructions	75.00
10-2810	knob turn tool	15.00
10-2811	L-bar tool	15.00
10-2812	peg turn tool	15.00
10-2813	key turn tool	15.00
10-2814	cap turn tool	15.00
10-2819	carry bag	15.00
10-2818	instructions	5.00
10-2840	putty board	20.00



putty board