

One Size Fits All

The **MacBlocker**

**Restores Active Range of Motion
to the Fingers and Thumb**

**The MacBlocker Immobilizes
the Hand While Allowing
Specific Isolation of
Joints to be Targeted**

 **OTRL
Approved**

 **Surgeon
Recommended**

Comfortable

Reversible

Lightweight

Easily Adjustable

User Friendly

Treats Various Hand Conditions

Durable

Ergonomically Designed

Convenient



INSTRUCTIONS IN THE USE OF THE “MacBlocker”™

1. Place the comfort strap on the back of the blocker board and align thumb hole in strap to correspond with whichever hand needs improvement...the board is curved to conform to the left or right hand, and is marked accordingly. If the right hand is to be targeted for improvement, place the side with an R facing up or the side marked L facing up for the left hand.

2. Place the back of the hand being targeted comfortably on the backboard with the palm facing up.

3. Place the thumb through the corresponding hold in the anchor strap, then place the strap through the “D” right and wrap snugly but comfortably with Velcro aide attaching to wherever it corresponds with the strap.

4. Place quick release bolts through corresponding holes closest to the joints to be targeted for improvement, and place undulated immobilization bar snugly but comfortably over “IP” joints being targeted without compromising circulation to the joints, and use quick release nuts for quick and easy adjustment.

5. Grip the immobilization bar to your particular tolerance, hold for 10 seconds and then release...this will help with stretching the tendons, aide in avoiding scar adhesions, help with healed fractures, burn victims, and help in achieving active range of motion for joints which are being targeted.

6. For improving “MP” flexion remove undulated immobilization bar, and replace with flat bar and align across the palm of the hand securely but comfortably and begin stretching “MP” joints as needed.

7. To use on the “IP” joint of the thumb, simply situate your thumb securely but comfortably and ignore the thumb hole in the strap while anchoring your hand to the blocker board and aligning your thumb in the undulated bar securely but comfortably without compromising circulation.

For patients using the MacBlocker as part of their home exercise program, they should first be instructed by their hand therapist in order to be sure they are using the right technique and follow guidelines provided by their hand therapist since each patient’s needs are different

**Brought to you by:
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