

# Pneumatic Finger Trainer

Finger Flexibility Training

Promote Blood Circulation

Treat Finger Stiffness



Thank you for choosing our product. Please read the instructions carefully before using the product.

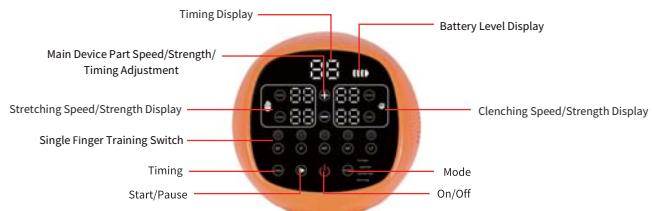
### Product Information:

Product Information	Pneumatic Finger Trainer
Model	0YHTSS
Main Device Size	155mm * 155mm * 80mm
Main Device Weight	770g
Total Weight	1150g
Input Voltage	9.6V
Output Voltage	7.4V
Battery Capacity	2500mAh
Electric current	2A

### Packing List:

Name	Quantity	Name	Quantity
Main Device	1	Training Glove	1
Mirror Glove	1	Main Device Charger	1
Mirror Glove Charging Cable	1	Training Ball	1
Instructions	1		

### Main Device Part:



**On/Off:** Press for 3 seconds to turn on/3 seconds to turn off.

**Timing:** After pressing the timing button, press + or - to adjust timing for 5/10/20/25/30 minutes. The default timing for startup is 15 minutes.

**Single Finger Switch:** Thumb / Index finger / Middle finger / Ring finger / Pinky finger

**Start/Pause:** Press to pause or start in any mode.

**Adjustment:** Press + or - to adjust speed/strength/timing.

**Mode:** Switch the mode of the device.

## Gloves and Spare Part:

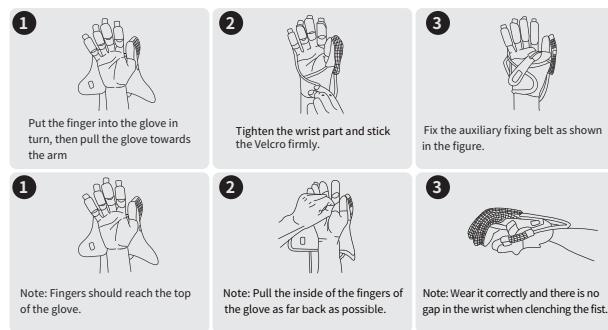


① **Training gloves:** Connect with the corresponding interface on the main device.  
② **Mirror glove:** If the mirror function fails or gets stuck, please charge the mirror glove sensor in time.

## Wearing Instructions:

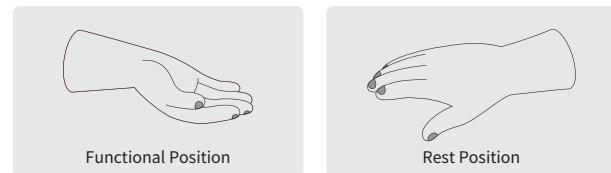
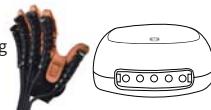
### Precautions for wearing gloves

1. Select the appropriate size and specification before using, so as not to affect the using effect.
2. For those whose fingers are stiff and difficult to wear due to excessive muscle tension, you can first knead and massage their hands for 5 minutes.
3. \*\*\* It is recommended to wear gloves in sitting or lying position.



### Automatic Training:

1. Connect the training glove with the corresponding interface in the device, and put the glove on.
2. Click the power switch button 
3. During the training, the hand should be in "Functional Position" or "Neutral Position", not in "Rest Position".



4. First of all, please click "start", Then the glove will drive gently the hand to start the automatic flexion and extension exercise.

5. Through the "+" "-" button, adjust to the appropriate gear.

Grade	Muscle Tension	Standards	Recommended Strength
Level 0	Myomalacia	No reaction from passively moved limbs	1-3 gears
Level 1	Low tension	Reduced reaction from passively moved limbs	3-5 gears
Level 2	Normal	Passive moving limbs have resistance reaction	5-10 gears
Level 3	Mild, moderately raised	Difficulty in passive movement, persistent resistance response of limbs	10-15 gears
Level 4	Stiffness	Inability to move the limbs in a stiffness state during passive flexion and extension	It is recommended to massage or apply hot compress first, and then use it after the muscle tension drops to level 3.

### **Mirror Training:**

In layman's terms, it is a coordinated movement of both hands that stimulates the primary motor cortex, which can significantly enhance limb perception and highly restore the real movement function of the hands. It is more effective in activating the central nervous system and promoting the recovery of upper limb motor function after stroke.

1. Connect the exercise glove with the interface on the device, wear exercise glove on one hand and mirror glove on the other.



2. Long press "O", then lightly press the mode button to switch to mirror mode.

3. Tap the start/pause button lightly to activate the mirror mode. When the training hand grasps (needs to touch the mirror glove sensor), the mirror hand synchronously performs fist clenching actions under the drive of the training hand. When the training hand opens (needs to leave the mirror glove sensor), the mirror hand synchronously opens under the drive of the glove.

**Note:** The product uses the 433M Hz frequency band for wireless communication.



## FAQS:

### **Q: How long does it take to see the effect?**

A: After a stroke, the brain's plasticity is a long-term process, not immediate. The improvement is gradual through exercise. The effect varies greatly depending on the situation. Normally, hand function recovery is slower than other parts. So in the training process, passive exercise and active exercise are needed. Only by combining the two can achieve the best effect. Experts said: "Hand dysfunction can cause great difficulties in life, but the training process is often difficult, which is unchangeable. To achieve the best effect, the most important thing is confidence and patience, scientific training and perseverance."

### **Q: How should I use the pneumatic finger training?**

A: It is recommended to choose appropriate exercise frequency and methods according to individual conditions. Generally 2-4 times per day, 15 minutes each time. The use time should not be too long each time. If there is soreness in the hands the day after training, the daily exercise frequency should be reduced.

## **Safety Instructions:**

1. Before training, please confirm that the training hand is not rigid. If the hand is rigid, perform manual techniques, hot compresses and flexible massage first until it turns soft before exercise.
2. Do not let unconscious people or young children use it alone.
3. If the hands are sprained, traumatized, with unknown bone injuries, severe osteoporosis, fracture without treatment or immobilization after treatment, do not use this product without the confirmation of professionals.
4. Do not wash the gloves directly with water. Dip a soft cloth in water or neutral detergent, wring it out thoroughly and wipe the gloves. If necessary, you can clean or disinfect the gloves with a cloth dipped in a small amount of medical alcohol and dry them completely before use.
5. Do not use a power adapter with a voltage not within 9.6V. Keep the power connector dry and do not allow unconscious people or children to perform this operation.

### **FCC Warning:**

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

#### **Note:**

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**Note:** The Grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. Such modifications could void the user's authority to operate the equipment.

The device has been evaluated to meet general RF exposure requirement.

## **Warranty and After Sales:**

Dear users

Thank you for your choice

From the date of purchase, you can enjoy the following after-sales services:

- 1: When returning the goods, it must be ensured that the appearance of the products is intact and not used, which will not affect the secondary sales of the merchants.
- 2: The product's internal and external color box instructions and warranty cards are complete and undamaged.
- 3: Gifts, if any, must be returned together.

### **Free maintenance for product quality problems within one year:**

- 1: In case of maintenance due to product quality problems within one year, maintenance fee cannot be charged.
- 2: Please call the after-sales hotline and handle the after-sales process according to the guidance of the after-sales personnel.
- 3: Including but not limited to the following conditions, which are not included in the free warranty.

- ① Damaged due to failure to use, maintain and store according to the instructions.
- ② Damaged due to incorrect operation or abnormal power supply or damage (such as falling).
- ③ Damaged due to removal by maintenance personnel in non approved institutions.
- ④ Damage due to non-force-majeure.

## **Product warranty card:**



Product Name:
User:
Date of Purchase:
Buyer Name:
Full Name:
Address:
Telephone:
Name and Address:



Product Name: Pneumatic Finger Trainer  
Company Name: OY Motion Technologies Co., Ltd.  
Add: Floor 6, Building 2, 222 Guangdan Road, Pudong, Shanghai PRC  
Tel: +86 021-63210200  
Website: [www.oymotion.com](http://www.oymotion.com)