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› Ergodyne ProFlex 4000 Single Strap Wrist Support User Manual

Ergodyne 4000

Ergodyne ProFlex 4000 Single Strap Wrist Support User Manual

Model: 4000

PRODUCT OVERVIEW

The Ergodyne ProFlex 4000 Single Strap Wrist Support is designed to provide supplemental support and help relieve strain associated with repetitive stress and overuse injuries. It is ideal for individuals who have experienced minor strains, sprains, injuries, or mild arthritis in the wrist.

This wrist support features a patented open-center stay and a two-stage hook and loop closure system for secure and comfortable fit. It is made from elastic material and limits downward (flexion) wrist movements.



Front view of the Ergodyne ProFlex 4000 Single Strap Wrist Support worn on a left hand, showing the tan elastic material and the Ergodyne logo.

KEY FEATURES

- **Single Strap Support with Open Center Stay:** Specifically designed to limit downward (flexion) wrist movements, providing targeted support.
- **Patented Open-Center Stay:** Enhances comfort and stability while allowing for necessary hand movement.
- **Elastic Material:** Provides a comfortable and adaptable fit for various wrist sizes.
- **Two-Stage Hook & Loop Closure:** Ensures a secure and adjustable fit for personalized compression and support.

SETUP AND WEARING INSTRUCTIONS

Proper application of the ProFlex 4000 wrist support is crucial for optimal effectiveness and comfort. Follow these steps to correctly wear your wrist support:

1. Step 1: Align Palm with Indicator

Place your hand onto the wrist support, aligning the palm of your hand with the orange line indicator

located on the inside of the support. This ensures correct positioning for the stay.



Inside view of the wrist support showing the area where the palm should align.

2. **Step 2: Fasten Main Closure**

Fasten the main hook and loop closure securely at the back of your wrist. Ensure it is snug but not overly tight to maintain circulation.





The wrist support wrapped around the wrist, secured by the main hook and loop closure.

3. Step 3: Attach Palm Strap

Attach the palm strap between your thumb and index finger at the back of your hand. This strap helps to keep the support in place and provides additional stability.

4. Step 4: Adjust Elastic Straps

Wrap the elastic straps across the top of your wrist and fasten them to achieve your desired tension and

support level. Adjust as needed for comfort throughout wear.

Video Guide: How to Wear the ProFlex Wrist Support

Your browser does not support the video tag.

This video demonstrates the proper steps for wearing the Ergodyne ProFlex 4000 Single Strap Wrist Support, including alignment, fastening, and strap adjustment for optimal fit and support.

USAGE AND FUNCTIONALITY

The ProFlex 4000 Single Strap Wrist Support is engineered to limit specific wrist movements, primarily flexion (downward movement of the hand). This limitation helps to protect the wrist from overextension and reduce strain during activities that involve repetitive wrist motion or require wrist stabilization.

By restricting excessive flexion, the support aids in maintaining a neutral wrist position, which is beneficial for recovery from injuries and prevention of further strain.

Movement Limitation Comparison

While the ProFlex 4000 limits flexion, the ProFlex 4010 (double strap) limits both flexion and extension for maximum stability. The 4000 model focuses on preventing downward wrist movement.



Visual representation of how the ProFlex 4000 (top) limits flexion, while the ProFlex 4010 (bottom) limits both flexion and extension.

MAINTENANCE

To ensure the longevity and hygiene of your Ergodyne ProFlex 4000 Wrist Support, follow these maintenance guidelines:

- **Cleaning:** Hand wash the support with mild soap and cold water. Do not use bleach or harsh detergents.
- **Drying:** Air dry completely. Do not machine dry or expose to direct heat, as this can damage the elastic and hook and loop materials.
- **Storage:** Store in a cool, dry place away from direct sunlight when not in use.

- **Inspection:** Regularly inspect the support for any signs of wear, tear, or damage to the straps or stitching. Replace if significant damage is observed to ensure continued effectiveness.

TROUBLESHOOTING

If you encounter any issues with your ProFlex 4000 Wrist Support, consider the following:

- **Discomfort or Irritation:** Ensure the support is not fastened too tightly. Adjust the elastic straps to a comfortable tension. If irritation persists, discontinue use and consult a healthcare professional.
- **Lack of Support:** Verify that the palm is correctly aligned with the orange indicator and that all straps are securely fastened. The support should feel snug but not restrictive.
- **Material Wear:** Over time, the elastic and hook and loop closures may show signs of wear. Regular cleaning and proper storage can extend the product's life. If the closures no longer hold securely, the product may need replacement.

SPECIFICATIONS

Attribute	Detail
Model Number	4000
Product Dimensions	5 x 1 x 10 inches
Item Weight	2.47 ounces
Material	Elastic with Patented Open-Center Stay
Closure Type	Two-stage hook & loop
Intended Use	Limits downward (flexion) wrist movements
Specific Uses	Carpal Tunnel Syndrome, general wrist support
Country of Origin	China
Included Components	1 Wrist Wrap

Sizing Information

To determine the correct size, measure around the smallest part of your wrist.



PROFLEX[®] WRIST SUPPORTS

Measure around the smallest part of the wrist.

SIZE:	FITS WRISTS:
Medium	up to 6" (15cm)
Large	6–7" (15-18cm)
X-Large	7–8" (18-20cm)
2XLarge	8" and over (20cm)

Size chart for ProFlex Wrist Supports, indicating wrist circumference for each size.

Size	Fits Wrists
Medium	up to 6" (15cm)
Large	6–7" (15-18cm)
X-Large	7–8" (18-20cm)
2XLarge	8" and over (20cm)

WARRANTY AND SUPPORT

For information regarding product warranty, returns, or additional support, please contact Ergodyne directly.

Manufacturer Contact Information:

Email: support@ergodyne.com

Website: www.ergodyne.com (Please refer to the official website for the most current contact details and warranty policies.)

