

Breg BRG101

Breg BRG101 Shoulder Therapy Complete Kit User Manual

Comprehensive instructions for setup, operation, and maintenance.

INTRODUCTION

This manual provides detailed instructions for the safe and effective use of your Breg BRG101 Shoulder Therapy Complete Kit. This kit is designed to assist in shoulder and elbow rehabilitation through a variety of exercises, promoting range of motion and strength. Please read all instructions carefully before use.

KIT COMPONENTS

The Breg BRG101 Shoulder Therapy Complete Kit includes the following items:

- **Collapsible Bar:** A 36-inch bar designed for range of motion exercises.
- **Rope and Pulley System:** For various shoulder and elbow exercises, typically used with a door mount.
- **Rubber Tubing (3):** Resistance bands for strengthening exercises.
- **Door Strap:** Used to secure the rope and pulley system or resistance bands to a door.
- **Instruction Booklet:** A guide for exercises and kit usage.
- **Storage Bag:** For convenient storage and transport of the kit components.



Image Description: An overhead view of the Breg BRG101 Shoulder Therapy Complete Kit. The kit includes a blue and black collapsible bar, a rope and pulley system with a door anchor, three different colored rubber resistance tubes (red, blue, green) with handles, an instruction booklet, and a black storage bag with the Breg logo. All components are neatly arranged on a purple background.

SETUP INSTRUCTIONS

1. Collapsible Bar Assembly

1. Unfold the collapsible bar sections.
2. Ensure all sections are securely locked into place to form a rigid 36-inch bar.
3. Verify the bar is stable before applying any pressure.

2. Rope and Pulley System Setup

1. Open a sturdy door.
2. Place the door strap over the top edge of the door, ensuring the anchor loop is on the side you will be exercising.
3. Close the door firmly, making sure the strap is securely pinched and cannot be pulled free.
4. Attach the pulley to the anchor loop of the door strap.
5. Thread the rope through the pulley. Ensure the handles are securely attached to each end of the rope.

3. Rubber Tubing Setup

1. The rubber tubing can be used independently or attached to the door strap.
2. To attach to the door strap, loop one end of the tubing through the anchor loop of the door strap (as described in step 2.2 and 2.3).
3. Ensure the tubing is securely fastened before beginning exercises.

OPERATING INSTRUCTIONS

Always consult with a healthcare professional or physical therapist before starting any new exercise program. Follow their specific recommendations for exercises, repetitions, and intensity.

Using the Collapsible Bar

- The collapsible bar is primarily used for passive and active-assisted range of motion exercises for the shoulder and elbow.
- Hold the bar with both hands, using the unaffected arm to assist the affected arm through various movements (e.g., flexion, abduction, rotation).
- Perform movements slowly and controlled, avoiding sudden jerks or excessive force.

Using the Rope and Pulley System

- Once set up on a door, grasp one handle with the affected arm and the other with the unaffected arm.
- Use the unaffected arm to gently pull the rope, lifting the affected arm upwards or outwards, depending on the exercise.
- This system allows for controlled, assisted movement, helping to improve range of motion without excessive strain.

Using the Rubber Tubing

- The three rubber tubes offer varying levels of resistance. Start with the lightest resistance and progress as strength improves.
- These bands can be used for strengthening exercises such as internal/external rotation, shoulder abduction, and bicep curls.
- If attached to the door strap, stand at an appropriate distance to achieve desired tension.
- Maintain proper posture and control throughout each exercise.

Refer to the included instruction booklet for specific exercise examples and guidance tailored to your rehabilitation needs.

CARE AND MAINTENANCE

- **Cleaning:** Wipe all components with a damp cloth and mild soap if necessary. Do not use harsh chemicals or abrasive cleaners.
- **Drying:** Ensure all components are completely dry before storing.
- **Storage:** Store the kit in a cool, dry place, away from direct sunlight and extreme temperatures. Use the provided storage bag to keep components organized and protected.
- **Inspection:** Regularly inspect the rope, pulley, rubber tubing, and door strap for any signs of wear, fraying, cracks, or damage. Discontinue use immediately if any damage is observed and replace the affected component.

TROUBLESHOOTING

Issue: Collapsible bar feels unstable.

Solution: Ensure all sections of the bar are fully extended and securely locked into place. Check for any debris preventing a proper connection.

Issue: Rope and pulley system slips on the door.

Solution: Verify the door strap is placed over a sturdy, closed door and is securely pinched. Ensure the

door is not a hollow core or flimsy door. Adjust the strap position if necessary to achieve a tighter grip.

Issue: Rubber tubing loses elasticity or shows cracks.

Solution: This indicates wear and tear. Discontinue use immediately to prevent injury. Replace the damaged tubing with a new one. Regular inspection can help identify this issue early.

Issue: Experiencing pain during exercises.

Solution: Stop the exercise immediately. Consult with your healthcare professional or physical therapist. Do not push through pain, as this can lead to further injury.

SPECIFICATIONS

Model Number	BRG101
Manufacturer	Breg
Collapsible Bar Length	36 inches (approx.)
Components	Collapsible bar, rope and pulley, 3 rubber tubes, door strap, instruction booklet, storage bag
Date First Available	July 20, 2016

WARRANTY AND SUPPORT

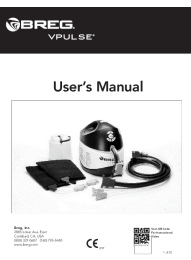

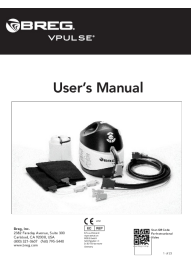
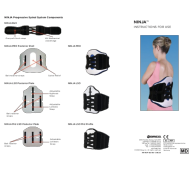
For information regarding warranty coverage, product support, or to purchase replacement parts, please contact Breg customer service directly. Contact details can typically be found on the product packaging or the official Breg website.

Manufacturer: Breg

Website: www.breg.com

LEGAL DISCLAIMER

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This product is intended for physical therapy and rehabilitation purposes as directed by a healthcare professional.

 <p>BREG VPULSE™</p> <p>User's Manual</p> <p><small>Breg, Inc. 10000 E. 1st Ave. Denver, CO 80231 800.541.2267 • Fax: 303.755.1000 www.breg.com</small></p> <p><small>CE</small></p>	<p>Breg VPULSE User Manual: Compression and Cold Therapy System</p> <p>Comprehensive user manual for the Breg VPULSE system, detailing its use for intermittent compression and cold therapy. Learn about indications, operation, troubleshooting, and safety for post-operative recovery and circulation management.</p>
 <p>BREG</p> <p>Ankle Sprain Kit</p> <p><small>Kit Includes: • KoolAir Ankle Stirrup • Cold Therapy Ice Pack • Elastic Bandage • Instructional Diagrams</small></p> <p><small>Specs: • KoolAir Stirrup: 10" x 12" x 1.5" • Ice Pack: 10" x 12" x 1.5" • Elastic Bandage: 4" x 10' x 1.5" • Weight: 1.5 lbs.</small></p>	<p>Breg Ankle Sprain Kit: Application and Usage Guide</p> <p>Comprehensive instructions for using the Breg Ankle Sprain Kit, featuring the KoolAir Ankle Stirrup and Cold Therapy Ice Pack. Learn proper application, care, and precautions for effective ankle sprain management.</p>
 <p>BREG VPULSE™</p> <p>User's Manual</p> <p><small>Breg, Inc. 10000 E. 1st Ave. Denver, CO 80231 800.541.2267 • Fax: 303.755.1000 www.breg.com</small></p> <p><small>CE</small></p>	<p>Breg VPULSE User's Manual: Therapy System Instructions and Safety Guide</p> <p>Comprehensive user's manual for the Breg VPULSE therapy system, detailing its use for intermittent compression and cold therapy, including operating instructions, safety precautions, troubleshooting, and specifications.</p>
 <p>NINJA™</p> <p>Progressive Spinal System</p> <p><small>Kit Includes: • NINJA Belt • NINJA PRO • NINJA LSO • NINJA LSO Mid Profile • Instructional Diagrams</small></p> <p><small>Specs: • NINJA Belt: 10" x 12" x 1.5" • NINJA PRO: 10" x 12" x 1.5" • NINJA LSO: 10" x 12" x 1.5" • NINJA LSO Mid Profile: 10" x 12" x 1.5" • Weight: 1.5 lbs.</small></p>	<p>NINJA™ Progressive Spinal System: Fitting and Usage Instructions</p> <p>Comprehensive instructions for fitting and using the NINJA™ Progressive Spinal System, including the NINJA Belt, NINJA PRO, NINJA LSO, and NINJA LSO Mid Profile braces by Breg. Learn about mechanical advantage and progressive orthosis features.</p>