

Theravio Theravio Kit

Theravio Hand Therapy Kit: Instruction Manual for Rehabilitation and Recovery

Brand: Theravio

INTRODUCTION

The Theravio Hand Therapy Kit is designed to assist in the rehabilitation and recovery of hand and wrist conditions, including arthritis, carpal tunnel syndrome, and post-injury or post-surgical recovery. This kit provides a comprehensive set of tools to improve grip strength, finger dexterity, flexibility, and overall hand health. Please read this manual thoroughly to understand the proper use and care of each component.

WHAT'S INCLUDED

The Theravio Hand Therapy Kit includes a variety of tools to support your hand and wrist therapy. Below is an overview of the components:



An overview of the various components included in the Theravio Hand Therapy Kit.

- **Adjustable Hand Gripper**

This tool allows you to adjust the resistance for grip strengthening exercises. It features a built-in counter to track repetitions.

Benefits of Theravio Kit



The adjustable hand gripper, showing the resistance adjustment and counter mechanism.

- **Finger Stretcher Resistance Bands**

These bands are designed to strengthen finger extensor muscles, improving finger flexibility and preventing imbalances.



Designed by a
Licensed 
Physical Therapist

Alpesh Patel, MPT, brings 15+ years of experience to his book "How To Cure Your Hand And Wrist Pain In 30 Days," offering **expert, at-home solutions** to relieve pain and restore mobility.

-  15+ years of clinical experience
-  Tested on 1,000+ real patients
-  Proven methods from the clinic
-  Backed by medical knowledge

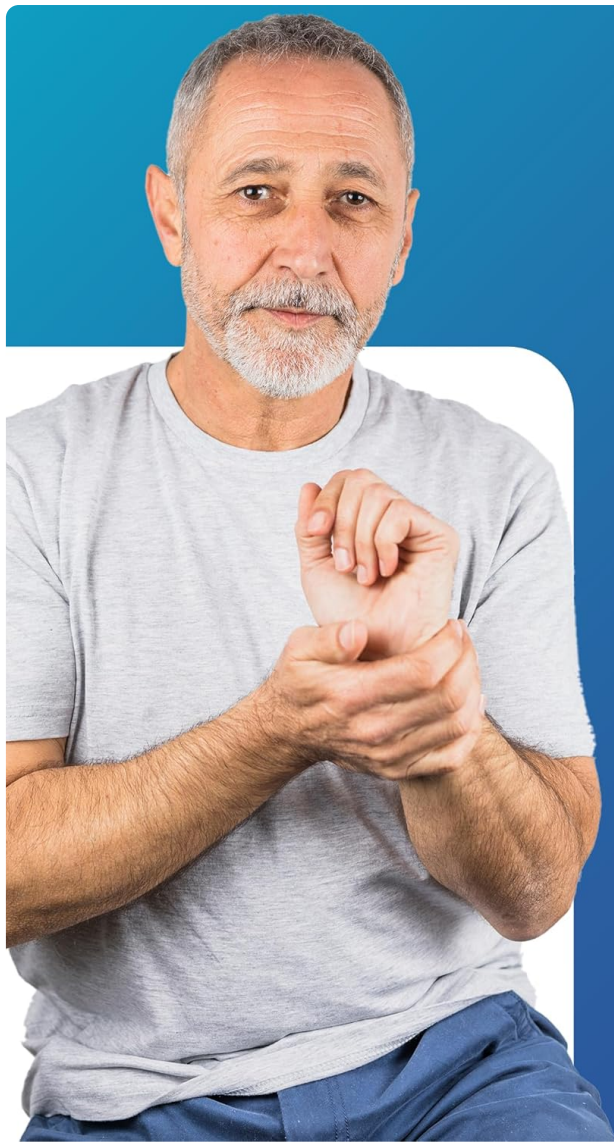
HAND THERAPY KIT

 **Theravio**
CREATED BY A PHYSICAL THERAPIST

A hand demonstrating the use of a finger stretcher resistance band.

- **Finger Massager**

A small, handheld device with rollers designed to massage individual fingers, promoting circulation and relieving stiffness.



Complete Kit for Hand & Wrist Relief



All-in-one
recovery solution



Targets hand
and wrist pain



Helps with arthritis,
carpal tunnel



Supports post-
surgery rehabilitation



Eases tired and
overused hands

A hand using the finger massager to relieve tension.

- **Stress Relief Grip Ball**

Soft, pliable balls used for squeezing exercises to improve grip strength and reduce stress.

Why Choose Theravio for Hand Strength

Feature	Theravio	Others
Durable, non-toxic, long-lasting	✓	✗
Protective storage for tools	✓	✗
Optimized for comfort and ease	✓	✗
Comfortable and easy to use	✓	✗
Clear instructions for simple use	✓	✗
Lightweight and travel-friendly	✓	✗



Improves
Circulation



Non-toxic
Materials



Increase
Mobility

A hand squeezing a red stress relief grip ball.

- **Stretch Band and Wrap**

Elastic bands and wraps for various stretching and support exercises for the hand and wrist.

A smiling couple, a man and a woman, are shown from the chest up, giving thumbs up. The man is in the foreground, slightly to the right, and the woman is behind him to the left. They are both smiling and looking towards the camera. The background is a solid blue color.

Theravio Kit Features

-  **Built to Last**
High-quality, durable materials
-  **Ergonomic Design**
Comfortable for hand and wrist
-  **Versatile Use**
Works for various pain types.
-  **Compact & Portable**
Easy to use at home or on the go.

A hand wearing a red stretch band for exercise.

- **Cat Finger Gripper**

A unique finger gripper designed for strengthening individual finger muscles and improving dexterity.



Use at home or work



Compact and travel-friendly kit



Quiet and non-invasive tools



No batteries or tech required



From Recovery 
to Peak Performance

The green cat-shaped finger gripper.

- **Therapy Putty**

Different resistance levels of therapy putty for strengthening, pinching, and gripping exercises.

- **Reusable Hot & Cold Pack**

A versatile pack for applying hot or cold therapy to reduce pain and inflammation.

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An official video from Theravio showcasing the various components and benefits of the Hand Therapy Kit.

SETUP

Most components of the Theravio Hand Therapy Kit are ready for immediate use. For specific items, follow these setup instructions:

- **Adjustable Hand Gripper:** Before first use, familiarize yourself with the resistance adjustment knob and the counter reset button. The resistance can be increased or decreased by turning the knob at the base of the spring. To reset the counter, twist the small button at the bottom of the handle to zero.

- **Hot & Cold Pack:** For cold therapy, place the pack in the freezer for at least 2 hours. For hot therapy, follow the heating instructions provided on the pack itself (typically microwave or hot water bath). Always use the provided cover or a cloth barrier to protect your skin.

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A user demonstrating the adjustable resistance and counter reset on the hand gripper.

OPERATING INSTRUCTIONS

Perform exercises slowly and with controlled movements. Consult with a healthcare professional or physical therapist for personalized exercise routines and to ensure proper technique.

- **Adjustable Hand Gripper:** Hold the gripper in your hand. Squeeze the handles together, then slowly release. Repeat for desired repetitions. Adjust resistance as needed.
- **Finger Stretcher Resistance Bands:** Place your fingers through the loops of the band. Gently spread your fingers apart against the band's resistance, then slowly bring them back together. Focus on controlled extension.
- **Finger Massager:** Insert one finger at a time into the massager's rollers. Roll the massager up and down your finger to stimulate circulation and relieve tension.
- **Stress Relief Grip Ball:** Hold the ball in your palm and squeeze firmly, then relax your grip. Repeat to strengthen hand muscles and relieve tension.
- **Therapy Putty:** Use the putty for various exercises such as squeezing, pinching, rolling, and stretching to build hand and finger strength and dexterity. Different colors indicate different resistance levels.
- **Cat Finger Gripper:** Place your fingers into the designated holes. Squeeze the gripper to work on grip strength, or extend your fingers against it for extensor strengthening.
- **Stretch Band and Wrap:** Use the stretch band for gentle resistance exercises or the wrap for light compression and support during activities.
- **Hot & Cold Pack:** Apply the hot pack to soothe stiff joints and muscles. Apply the cold pack to reduce swelling and numb pain. Use for recommended durations (typically 15-20 minutes).

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A physical therapist demonstrating the use of the finger stretcher in a therapy session.

MAINTENANCE

Proper care ensures the longevity and hygiene of your Theravio Hand Therapy Kit components:

- **Cleaning:** Most silicone and plastic components can be cleaned with mild soap and water. Air dry thoroughly before storing. Avoid harsh chemicals or abrasive cleaners.
- **Storage:** Store all components in the provided carrying case in a cool, dry place away from direct sunlight. This protects the materials from degradation and keeps the kit organized.
- **Inspection:** Regularly inspect all items for signs of wear, tear, or damage. Discontinue use of any damaged item to prevent injury.

TROUBLESHOOTING

If you encounter any issues with your Theravio Hand Therapy Kit, consider the following:

- **Discomfort during exercise:** If you experience pain, stop the exercise immediately. Ensure you are using the correct resistance level for your current ability. Consult a healthcare professional if pain persists.
- **Adjustable Hand Gripper not counting:** Ensure the reset button is fully disengaged after resetting. If the counter still doesn't work, check for any obstructions.
- **Therapy Putty too stiff/soft:** The kit includes different resistance levels of putty. Ensure you are using the appropriate one for your exercise. Putty can become softer with use or warmer temperatures.

SPECIFICATIONS

Feature	Detail
Product Dimensions	11 x 9.5 x 0.1 inches
Item Weight	3.3 Pounds
Material	Silicone
Color	Blue (kit components may vary in color)
Manufacturer	Theravio
ASIN	B0DB4DP7S8

WARRANTY AND SUPPORT

For warranty information or customer support, please refer to the contact details provided with your purchase or visit the official Theravio website. 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.

