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› Ergodyne ProFlex 4000 Single Strap Wrist Support Instruction Manual

Ergodyne 70018



Ergodyne ProFlex 4000 Single Strap Wrist Support Instruction Manual

Model: 70018

1. PRODUCT OVERVIEW

The Ergodyne ProFlex 4000 Single Strap Wrist Support is designed to provide stabilization and limit downward (flexion) wrist movements. It features a patented open-center stay and a two-stage hook & loop closure system for adjustable support and comfort. This manual provides instructions for proper use and care of your wrist support.



Image 1.1: Two Ergodyne ProFlex 4000 Single Strap Wrist Supports shown on hands.

This image displays two black Ergodyne ProFlex 4000 wrist supports, one on each hand, demonstrating how they appear when worn. The supports cover the wrist and lower forearm, with the main strap visible around the wrist area.

2. PACKAGE CONTENTS

- Two (2) Ergodyne ProFlex 4000 Single Strap Wrist Supports (XL-Left, Black)

3. SIZING INFORMATION

To ensure proper fit and effectiveness, measure the circumference around the smallest part of your wrist. Refer to the sizing chart below to select the appropriate size.



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)

Image 3.1: ProFlex Wrist Supports Sizing Chart.

This chart provides guidance for selecting the correct wrist support size. It lists sizes (Medium, Large, X-Large, 2XLarge) and their corresponding wrist circumferences in both inches and centimeters.

ProFlex Wrist Support Sizing Guide

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

4. SETUP AND APPLICATION

Follow these steps to correctly apply the Ergodyne ProFlex 4000 Single Strap Wrist Support:

1. **Identify Hand:** Ensure you are using the correct support for your left hand.
2. **Position Support:** Slide your hand into the support, ensuring the rigid stay is positioned along the palm side of your wrist and forearm. The open-center design of the stay should align with the natural curve of your wrist.
3. **Secure Main Strap:** Wrap the main elastic strap around your wrist and secure it using the hook & loop closure. Adjust for a snug, comfortable fit that provides support without restricting circulation.
4. **Thumb Loop:** The support includes a strap that goes between your thumb and index finger. This strap helps to keep the support in place and further limits downward wrist movement. Secure this strap as needed.
5. **Final Adjustment:** Use the two-stage hook & loop closure to fine-tune the compression and support. The goal is to limit wrist flexion while allowing necessary hand and finger mobility.





Image 4.1: Front view of the wrist support correctly applied.

This image shows the front view of the black wrist support on a hand, highlighting the main strap and the thumb loop area, demonstrating proper placement.



Image 4.2: Rear view of the wrist support, showing the rigid stay.

This image provides a rear view of the black wrist support on a hand, clearly showing the rigid stay positioned on the underside of the wrist and forearm, which is crucial for limiting flexion.

5. OPERATING INSTRUCTIONS (USAGE)

The ProFlex 4000 wrist support is designed to provide continuous support during activities that may strain the wrist. Its primary function is to limit excessive downward (flexion) movement of the wrist, which can help reduce discomfort and provide stability.

- Wear the support during activities that involve repetitive wrist movements or when you require additional wrist stability.
- Adjust the straps as needed throughout the day to maintain a comfortable and effective level of compression.
- Ensure the support does not cause numbness, tingling, or excessive pressure. If these symptoms occur, loosen the straps or discontinue use and consult a medical professional.



Image 5.1: Wrist support in use during a task.

This image shows an individual wearing the Ergodyne ProFlex 4000 wrist support on their left hand while engaged in a task involving a power tool, illustrating its application in a work environment.

6. CARE AND MAINTENANCE

Proper care will extend the life of your wrist support:

- **Hand Wash:** Hand wash in cold water with mild soap.
- **Air Dry:** Lay flat to air dry. Do not machine wash, tumble dry, bleach, iron, or dry clean.
- **Avoid Harsh Chemicals:** Do not use fabric softeners or harsh detergents, as these can degrade the elastic materials.
- **Storage:** Store in a cool, dry place away from direct sunlight when not in use.

7. TROUBLESHOOTING

- **Support feels too tight or causes discomfort:** Loosen the hook & loop straps. If discomfort persists, ensure you have the correct size. Refer to the sizing chart in Section 3.
- **Support feels too loose or ineffective:** Tighten the hook & loop straps. If it still feels loose, you may need a smaller size. Refer to the sizing chart in Section 3.
- **Skin irritation:** Ensure the support is clean and dry before wearing. If irritation persists, discontinue use and consult a medical professional.

8. SPECIFICATIONS

Feature	Detail
Model Number	70018
Brand	Ergodyne
Manufacturer	Proflex
Product Dimensions	5 x 1 x 10 inches (per support)
Item Weight	5.44 ounces (per support)
Size (as reviewed)	XL-Left (Pack of 2)
Color	Black
Unit Count	2.0 Count
Closure Type	Two-stage hook & loop
Key Feature	Patented Open-Center Stay

9. WARRANTY AND SUPPORT INFORMATION

For specific warranty details and customer support, please refer to the official Ergodyne website or contact their customer service directly. Keep your purchase receipt as proof of purchase.

Ergodyne Official Website: www.ergodyne.com