

Instructions - How To Use ShoulderSphere F2

F2 (small ShoulderSphere)



The easiest way of putting on the ShoulderSphere is to place your hand - PALM facing UP, and just place ShoulderSphere on top and gently cradle it and wrap the strap securely, particularly the part at wrist level. Video - under "Instructions " — "How To put on the ShoulderSphere " -

<https://youtu.be/kVP2-ZKbJcQ>

Correct position of putting on ShoulderSphere - please ensure your wrist is relaxed and have complete contact against the plastic splint and securely strapped in by the elastic strap. Relatively tight engagement is necessary in order to optimize rotator cuff workout. (Just like ski boots, you don't want any sloppy wiggle room) Make sure there is no wiggle room between your wrist and the splint. This also avoids undue stress against the plastic splint which may cause breakage. NO "death grip" against the globe and pressing against the splint — "death grip" will not help with spin of the ball inside the globe, and will also fracture the splint. Please beware to use properly.

Very important to note that the user must not let the ball bounce repeatedly inside the plastic globe. Repeated bounce will crack the plastic globe. When the ball bounces rather than spins, it is signifying loss of rotator cuff engagement to maintain spin of the ball. This is a sign of rotator cuff weakness. This can be minimized by starting to learn how to spin the ball slowly to establish a smooth spin, without bouncing the ball. With improved rotator cuff strength, the velocity of spin can be increased appropriately.

Some suggestions regarding different training and fitness programs may be found on top of the homepage on the website in the navigation bar section “workouts”. Such as

<http://www.shouldersphere.com/workouts/>

<http://www.shouldersphere.com/workouts/therapy/>

<http://www.shouldersphere.com/workouts/maintenance-workout-program/>

Many videos are also available to help to guide you through different workout routines — you may start by watching section under “Instructions” — “Basic”, work your way up to “Intermediate” , and “Advanced”.