

# Information for Use

## Wrist and Ankle Weights



SKU: HWWS

We recommend consultation with an Occupational Therapist (OT) or suitably qualified person prior to use.

### WARNINGS:



Adult supervision required



Do not use while sleeping



Do not use when swimming

### Important:

- Recommended age 3+.
- Always ensure the user can independently remove the Wrist/Ankle Weights.
- Remove the Wrist/Ankle Weights at the first signs of discomfort or distress.
- Not suitable for water therapy.
- Not recommended for prolonged/vigorous exercise.
- When using the Wrist/Ankle Weights as a therapeutic tool, ensure that movements are controlled and performed safely under supervision.
- Check before use, discontinue using if showing signs of wear and tear.
- Do not alter, adapt or wash outside of the care instructions.

#### PRODUCT OUTER

100% Polyester

#### PRODUCT FILLING

Carbon Beads

#### Care Instructions

Wipe clean with a damp cloth. Do not machine wash. Do not hand wash or submerge in water. Do not use fabric softener or bleach. Air dry. Do not tumble dry. Alternatively steam clean on a low setting. Please ensure the Velcro hook and loop sides are fastened together before cleaning.

## Good to know:

- The Wrist/Ankle Weights need to fit securely either around a bare wrist/ankle or over clothing.
- To ensure a secure fit, measure around the whole of the wrist/ankle with a tape measure.
- The Wrist/Ankle Weights are fastened with Velcro enabling a secure fit.
- Available in 3 sizes:

### Small

- Weight – 120g (each)
- Adjustable from 12cm up to 14cm.

### Medium

- Weight – 150g (each)
- Adjustable from 15cm up to 18cm.

### Large

- Weight – 250g (each)
- Adjustable from 19cm up to 23cm.

## Good for:



Calming and Relaxing.  
Reducing the need  
for repetitive sensory  
seeking



Improving state of  
wellbeing.  
Enabling self-regulation



Improving concentration,  
focus & attention.  
Improving body  
awareness



Safe and non-invasive  
therapeutic solution

## How to Use:

- As a guide, the Wrist/Ankle Weights should be used for approximately 20-40 minutes at a time and then removed for the same period before they are used again. (Consult with an OT for individual guidance).
- Ensure that the user is consistently comfortable and content with the deep pressure they experience.

## Ideal for:



Education or  
Home Study



Dining



Chill-Out Time



Home or  
Residential Setting



Work or  
Home Office



Travelling



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