

ELBOW DOC

How to Use Your ELBOW DOC

Follow these numbered steps. Move slowly within a comfortable, pain-free range at all times. Read this insert and full User Manual (online) for full safety information before use.

1. SAFETY — READ BEFORE FIRST USE

For adults 18+ only. Use only as described, as part of a routine approved by a qualified healthcare or fitness professional.

Consult a professional first if you:

- Have a current, recent, suspected, or undiagnosed injury to the hand, wrist, elbow, arm, or shoulder.
- Have been diagnosed with tennis elbow, golfer's elbow, tendinopathy, arthritis, nerve compression, or another musculoskeletal condition.
- Are recovering from surgery or a fracture or have hardware in the arm.
- Have circulatory problems, blood clots, neuropathy, diabetes, lymphedema, or reduced skin sensation in the arm.
- Are pregnant or have any medical condition affected by exercise.

Do NOT use the product if:

- You have acute (sharp/severe) pain, significant swelling, bruising, or visible deformity in the arm.
- You have an open wound, skin infection, rash, or recent incision where the device is worn.
- You have been told to rest or immobilize the arm.
- You feel numbness, tingling, or color changes in the hand while wearing the device.
- The device is damaged or worn, or you are impaired by alcohol or medication.

During use:

- Stop immediately if you experience sharp pain, joint pain, dizziness, numbness, or tingling.
- Move slowly and with control; never force a movement. All motion must be pain-free.
- Do not overtighten straps or the arm piece, this can restrict circulation or pinch nerves.
- Start with the lowest comfortable resistance and shortest comfortable stretch; progress gradually.
- Do not use while driving, operating machinery, sleeping, or bathing.
- Keep fingers, hair, and clothing clear of the mechanism. Never modify the device. Keep away from children.

2. PUTTING ON YOUR ELBOW DOC

With your arm relaxed.

1. **Insert your arm.** With the arm-piece cables loosened, slide the arm piece up your arm. Leave slack in the connecting straps.
2. **Insert your hand.** Push your hand into the hand piece through the opening nearest the thumb hole, guiding your thumb in, until snug.
3. **Position the arm piece.** Slide up until it clears the elbow and sits around the bicep. Straps must lie flat and parallel, upper strap along the top of the forearm, lower strap along the bottom.
4. **Tighten the arm piece.** Press the tightening mechanism until it clicks (engaged), then rotate clockwise until comfortably snug. Pull straps toward your hand to confirm the arm piece does not slide.

Fit check: "Snug," not "tight." Slide a finger under the arm piece to confirm. Throbbing, pinching, numbness, or color change = too tight. Loosen immediately.

3. HOW TO USE — THE FOUR EXERCISES



Scan for the complete User Manual and Video Demonstrations for proper use.

www.sheinerengineering.com/products/elbow-doc

Two modes: bypass strap ENGAGED = elastic OFF (Stretching Mode). Bypass strap DISENGAGED = elastic ON (Strengthening Mode). Upper strap = medial (inner) forearm. Lower strap = lateral (outer) forearm.

Before starting: slightly loosen both straps so your hand moves freely up and down.



3A. Stretch — Medial (inner) forearm

1. Bypass strap ENGAGED (elastic 'OFF'). Tighten the upper strap; press Velcro firmly along its full length.
2. Hold the stretch for your desired time. Should feel like a gentle pull, never sharp pain.



3B. Strengthen — Medial (inner) forearm

1. Bypass strap DISENGAGED (elastic 'ON'). Adjust the upper strap for comfortable initial tension.
2. Slowly extend your hand away from your elbow using your medial forearm muscles, then slowly return, keeping tension throughout. Repeat for desired reps.



3C. Stretch — Lateral (outer) forearm

1. Bypass strap ENGAGED (elastic 'OFF'). Tighten the lower strap; press Velcro firmly along its full length.
2. Hold the stretch for your desired time. Keep it gentle and comfortable.



3D. Strengthen — Lateral (outer) forearm

1. Bypass strap DISENGAGED (elastic 'ON'). Adjust the lower strap for comfortable initial tension.
2. Slowly extend your hand away from your elbow using your lateral forearm muscles, then slowly return, keeping tension throughout. Repeat for desired reps.



Stop rule: stretching should pull the muscle gently, never the joint or tendon. Strengthening should cause mild muscle effort, never sharp or radiating pain. Stop and consult a professional if you feel pain at the elbow itself.

4. TAKING OFF YOUR ELBOW DOC

1. **Disengage.** Pull up on the tightening mechanism until it clicks.
2. **Loosen.** Pull the tightening cables up and away. For easier release, slide three fingers under the loosening aid strip and pull up and away. Repeat until loose.
3. **Remove.** Remove the hand piece, then gently slide the arm piece off. Store the device for future use.



ELBOW DOC, Stretch and Strengthen Device — User Manual

Model ED-100 • Patent Pending • Rev. 1.0 • Read this insert and full User Manual (online) for full safety information before use.

5. CARE, CLEANING & STORAGE

- Wipe with a soft cloth dampened with mild soap and water. Disinfectant wipes may also be used on the hand piece and arm piece; allow surfaces to dry fully before storing or use.
- Keep Velcro free of lint. Do not machine wash/dry, bleach, iron, or dry-clean. Do not submerge the device in liquid.
- **Shared use:** the device may be used by more than one person, provided it is properly cleaned (e.g., with disinfectant wipes) between each user.
- Inspect straps, Velcro, the elastic element, and the tightening mechanism before every use. The elastic element is consumable, replace when worn. Do not repair, modify, or disassemble.
- Store indoors at normal room temperature, not too hot, not too cold (avoid attics, garages, vehicles). Keep in a dry place out of direct sunlight, straps loose, elastic relaxed. Keep away from children and pets.

6. LIMITED WARRANTY

SHEINER ENGINEERING & DESIGN, LLC warrants the ELBOW DOC device against defects in materials and workmanship under normal use for six (6) months from the original date of purchase, when bought new from the Company or an authorized retailer. As your exclusive remedy, the Company will, at its option, repair, replace, or refund the purchase price.

This warranty does not cover: normal wear and tear (including loss of elasticity in the elastic element); misuse, abuse, accident, neglect, or improper storage; unauthorized repair or modification; improper cleaning or exposure to water, heat, or chemicals; cosmetic damage; or products bought second-hand or without valid proof of purchase. To make a claim, contact Customer Support through our website with proof of purchase, model number, and a description of the issue. This warranty gives you specific legal rights; you may have other rights that vary by jurisdiction.

7. LEGAL DISCLAIMERS, ASSUMPTION OF RISK & LIMITATION OF LIABILITY

◆ IMPORTANT: MEDICAL & SAFETY NOTICE

ELBOW DOC is a general fitness and exercise accessory. It is NOT a medical device and is not intended to diagnose, treat, cure, or prevent any disease, injury, or condition.

Tennis elbow, golfer's elbow, and similar conditions are medical conditions. Consult a physician or physical therapist before using this product, especially if you have a current or suspected injury, are recovering from surgery, or have pain.

Use is entirely at your own risk. If you feel sharp pain, swelling, numbness, tingling, or dizziness, stop immediately and seek medical advice.

Please read carefully. By purchasing or using ELBOW DOC, you agree to these terms. If you do not agree, do not use the product.

"The Company" means SHEINER ENGINEERING & DESIGN, LLC and its owners, officers, employees, agents, affiliates, suppliers, distributors, and authorized retailers.

Not a medical device; no medical advice. ELBOW DOC is a general fitness accessory, not a medical device. It has not been evaluated by any regulatory authority to diagnose, treat, cure, or prevent any disease, injury, or condition. This insert is general information only, not medical advice or a substitute for a qualified healthcare professional. References to tennis elbow, golfer's elbow, recovery, stretching, or strengthening describe general exercise categories and are not a claim that the product treats or heals any condition. Always seek professional advice before beginning any exercise program. Individual results vary; no outcome is promised or guaranteed.

Assumption of risk. You acknowledge that physical exercise carries inherent risks, including muscle, tendon, ligament, or joint strain, sprain, or tear; aggravation of a pre-existing or undiagnosed condition; nerve or circulatory effects; skin irritation; falls; and, rarely, serious injury. These risks cannot be eliminated. To the maximum extent permitted by applicable law, you knowingly and voluntarily assume all risk of injury, loss, or damage arising from or related to your use of the product, whether known or unknown, and confirm you use it of your own free will.

User responsibilities. You agree to: read and follow this insert and the full User Manual before use; obtain professional clearance per Section 1; use the product only as described and only if you are an adult (18+); inspect before each use and stop if damaged; clean between users when shared; stop and seek advice if you experience pain or any warning sign; and keep the product away from children. You accept full and sole responsibility for your decisions to use the product and how you use it. Disclaimer of warranties. Except for the express Limited Warranty in Section 6, and to the maximum extent permitted by law, the product is provided "AS IS" without warranty of any kind. The Company disclaims all warranties, whether express, implied, or statutory, including merchantability, fitness for a particular purpose, durability, and non-infringement.

Limitation of liability. To the maximum extent permitted by applicable law, the Company will not be liable for any indirect, incidental, special, consequential, exemplary, or punitive damages, or for loss of profits, revenue, data, or goodwill, arising out of or related to the product or its use, under any legal theory. The Company's total aggregate liability will not exceed the amount you actually paid for the product. These limits apply even if a remedy fails of its essential purpose.

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Indemnification. To the maximum extent permitted by law, you agree to indemnify and hold harmless the Company from any claims, liabilities, damages, losses, costs, and expenses (including reasonable legal fees) arising out of your misuse of the product, use not described here, or violation of these terms or any law.

Third parties. If you let another person use your ELBOW DOC, ensure they first read this insert and the full User Manual, understand all warnings and these terms, and that the device is cleaned between users. These terms apply to every user. **Governing law & severability.** Governed by the laws of Delaware, United States of America. Any invalid provision will be severed to the minimum extent necessary; the rest remains in effect. Terms may change; the version supplied with your product governs your use. **Patent Pending; IP.** One or more patent applications are pending. "ELBOW DOC" is claimed as a trademark of SHEINER ENGINEERING & DESIGN, LLC; "™" indicates a trademark claim only, not federal registration. All materials are protected by applicable IP laws. **Acknowledgment.** By using ELBOW DOC, you confirm you have read this insert as well as the complete User Manual available online; had the opportunity to obtain professional clearance; and accept the Assumption of Risk and these disclaimers and limitations, to the maximum extent permitted by applicable law.

8. CUSTOMER SUPPORT & FULL USER MANUAL

All support is handled through our website. Scan the QR code on this insert for the complete User Manual, instructional videos, replacement parts, and warranty claims. Have your model number and proof of purchase ready.



Scan for the complete User Manual and Video Demonstrations for proper use.

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