

The Wristiciser®

The Wristiciser is a way to avoid upper body, arm and hand pain, stiffness, and weakness in the “Golden Years”.

Over the past twenty year the perception of aging and exercise has changed dramatically. As our population grows older – estimates suggest that between 2000 and 2030, the number of Americans 65 or older will increase from 35 million to 71 million, or from 12.4% to nearly 20% – there is a growing demand for information on how to stay and feel young throughout the so-called “golden years”. By the time a person reaches “senior” status, many have already begun to experience chronic and often degenerative changes that cause limited upper body, arm and hand function and dexterity – two potentially debilitating problems. Muscle weakness and osteoarthritis in the upper body, arms and hands can lead to frustration, which digresses into inactivity and boredom that can have a profound effect on the way a person lives their entire life. Jemarkel Health-Tech, a home exercise product manufacturer based in Valparaiso, Indiana, offers the Wristiciser® a solution to the unmet need for maintaining upper body, arm and hand (upper extremity) strength and flexibility long into the senior years.



In 1996 the Surgeon General issued a report on physical fitness and health that estimated that only 17% of people over the age of 65 were regularly active. This number is quite disturbing when the effects of aging are considered in relationship to how the body begins to weaken and the joints begin to degenerate after the fifth decade of life. Consider this, between the ages of 50 and 60 muscles and nerves begin to deteriorate and it is felt that muscle strength will decrease 15% per decade from age 50 to 70 and then by 30% from age 70 to 80. Simultaneously, and in some cases even sooner in life, the joints of the body will begin to undergo degenerative changes giving rise to degenerative joint disease, which is also known as osteoarthritis (OA). The most common symptoms of OA, which afflicts 85 percent of the over 65 population, are morning stiffness and joint pain. Decreased muscle strength combined with joint pain and stiffness in the arms and hands leads to a decreased capacity to perform the necessary requirements of daily living. And although less tragic, if a person can struggle through the daily chores of everyday living, the loss of the ability to enjoy recreational past times can be just as depressing. Whether the passion is knitting, arts and crafts or bowling, golf or tennis arm and hand weakness will undoubtedly reduce the capacity to enjoy or even participate.

The Wristiciser is the most complete upper extremity exerciser available today. This all-in-one, take and do anywhere product can be used to perform over 50 exercises that doctors and therapists all over the world prescribe in their practices. The Wristiciser can be used to perform controlled stretching, strengthening and flexibility exercises on large muscles of the upper back, shoulders and arms, hands, fingers and thumbs. With just a few easy adjustments, the Wristiciser converts into a dumbbell, a broomstick exerciser, a grip squeezer, or a number of other set-ups that are unique to this product. The Wristiciser is outfitted in a heavy-duty nylon carrying case and comes complete with a forty-page full color instructional manual. The instructional manual also includes five different exercise programs that target different parts of the upper body, arms and hands. The Wristiciser is easy to use and part of the fun of using the product is putting it together in different ways to do different exercises. Assembly and disassembly is an excellent way to improve dexterity.

Many people are under the assumption that getting weaker and stiffer are inevitable consequences of getting older. However there is a growing body of evidence that suggests just the opposite to be true. It is suggested that regular exercise can help people remain healthier, independent and stronger. Research has consistently shown that strength-building methods provide significant benefits for older men and women. According to fitness experts, Strength training for seniors of any age is beneficial because strength increases, muscle mass increases, coordination increases, joint range of motion increases, pain levels subside and quality of life improves as the result. So if you are stiffening up, losing your grip and your ability to do things with your arms and hands that once required nary a second thought, its time you thought about using the Wristiciser. In a matter of a few short weeks of regular use, your upper body, arms and hands will start to feel like their old or should we say new selves again – ready to open any jar. The Wristiciser is the professional’s choice in fixing upper extremity strength and flexibility problems, shouldn’t it be yours too?

For more information on how to purchase the Wristiciser call 800-600-0057.



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