



LATEX RUBBER  
SHEETING  
MANUFACTURERS

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## *Instructions for use and storage of exercise Putty:*

*Putty resistance/consistence is temperature dependent. It is particularly noticeable in the lower resistance end of the scale. Therefore be careful with the low resistance putties like the Eco-Putty™ Spectra/Aqua color: Tan/White and Ambi-dx® putty color: White. They can get very soft and thus feel sticky if the temperature is around 30 to 40 degrees Celsius. On the other hand, they are OK at regular room temperature (i.e. 18-22 degrees Celsius). If colder than that, they just get a little harder.*

*Be careful of water. Putty absorbs water. Therefore the relative humidity can affect the consistency of the putty and make it more fluid and change the viscosity. Very sweaty palms can make the putty very sticky. In a situation like this, putty should not be used for exercises or the patient could wear surgical gloves.*

*When putty is not used, it should be stored in its container at room temperature and kept away from direct sunlight.*

*Finally, always wash hands and dry them thoroughly before using putty. You must have clean and dry hands .. no lotions (including sun-tan lotions) no oils. Remove all jewelry. Place putty back in its container after use. Do not get on clothes (If by accident it gets in clothes, freeze to remove). DO NOT use solvent. Keep it away from children! It is not a toy. It is intended to be used for physical and functional training exercises as prescribed by a medical professional such as Physical and Rehabilitation expert.*

