

Anti-Stress Ball Usage and Care Instructions

Congratulations on your purchase of the Anti-Stress Ball.

Having purchased the Anti-Stress Ball you have chosen a TOGU® branded product which is “Made in Germany”!

It is made in conformity with the applicable EU regulations for sports equipment and is free of banned phthalates and heavy metals.

A soft and pleasant Anti-Stress Ball for squeezing, working and strengthening the whole finger and hand musculature. The soft material causes a perfect distribution pressure on the whole palm of your hand. Very suitable for a targeted use in therapy, as well as complementary exercises to dissolve finger, hand, and lower arm strains.

At the office, to overcome smoking or to reduce tension. Hygienic and washable. Includes as a special feature a needle valve to adjust pressure and size.

Application: at home, rehabilitation and therapy, working place.

Apparatus data:

The Anti-Stress Ball is made of high-quality Ruten and has a rigid plastic attachment.

Size: Approx. 6,5 cm Ø
Material: foamed Ruten®

Thermal stability:

The Anti-Stress Ball is UV-resistant and also heat-resistant to a limited degree. The Anti-Stress Ball can easily withstand temperatures of up to 45°C. However, the Anti-Stress Ball should be kept out of direct sunlight (e.g. do not store on window-sill). The material softens as it gets warmer.

The Anti-Stress Ball is also resistant to cold, but should nevertheless not be stored at temperatures below -10°C. The material hardens as it gets colder.

Care:

Any mild standard cleaning agents and disinfectants can be used to clean the Anti-Stress Ball.

Solvent-based, acidic or caustic cleaners will damage the material. The Anti-Stress Ball is waterproof.

How to inflate:

You can still regulate the air charge with a needle pump (e.g. the TOGU pump or any other regular Soccer Ball pump).