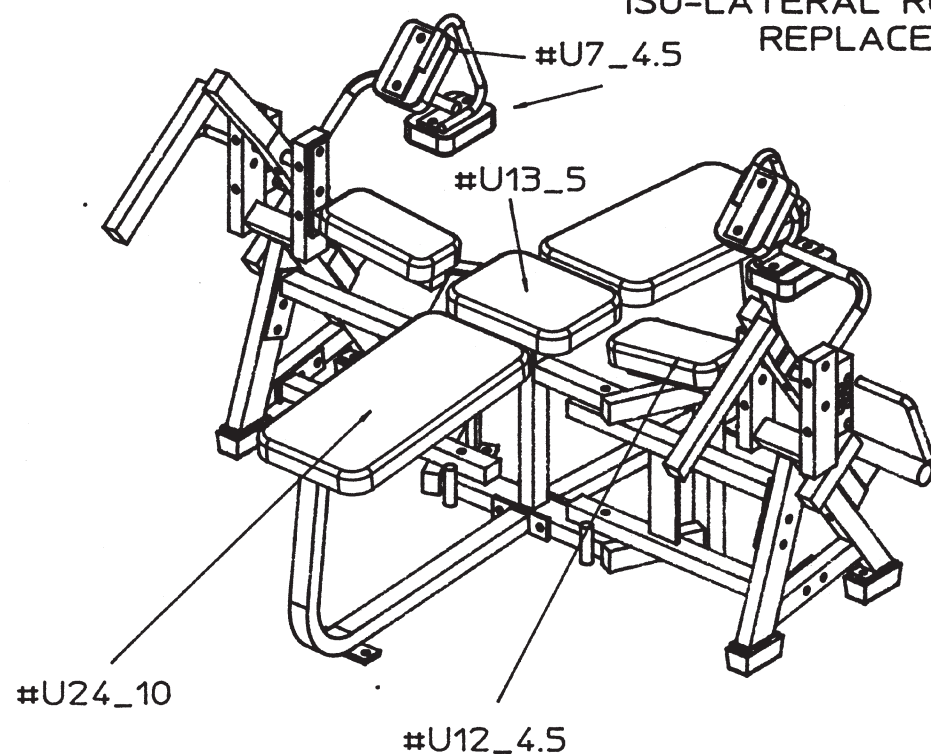


1 - 6 SF
 2 - 6 SF
 3 - 6 WB
 4 - 6 ST
 5 - 6 ST
 6 - 6 UP

HAMMER/STRENGTH
 ISO-LATERAL ROTARY CUFF (ILRC_A)
 REPLACEMENT PARTS

UPHOLSTERY PADS:
 2 BACK PADS #U24_10
 1 SHOULDER PAD #U13_5
 2 ARM PADS #U12_4.5
 5 #U7_4.5 PADS



- 2 - RANGE LIMITER PINS
- 6 - RUBBER BUMPERS
- 2 - 15" GRIP(S)
- 4 - SMALL BEARINGS
- 10 - 3" END CAPS
- 14 - 2" END CAPS
- END CAP ROUND 1.5
- BACKING WASHERS
- HOLE PLUGS
- MOLDED RUBBER RINGS

**Hammer Strength
Iso Lateral Rotator Cuff
ILRC Model A
Parts & Upholstery**

Upholstery Pads:

1- head pad	U_7-4.5
2- back pads	U_24-10
1- center pad	U_13-5
2- arm rests	U_12-4.5
4- hand pads	U_7-4.5

Replacement parts:

2- hand grips
6- medium bumpers
4- small bearings
backing washers
bullet end caps
hole plugs
limit pins
non skid strips
nameplates
plastic end caps
rubber ring(s)
seat & arm pin(s)

Accessories:

n/a

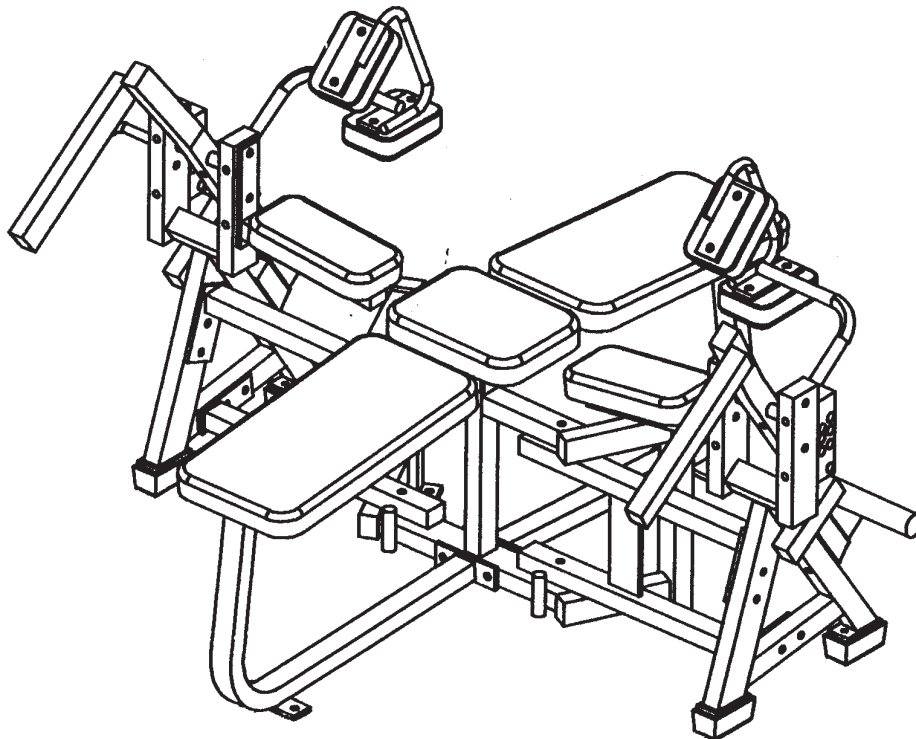
Dimensions:

W 78 x D 65 x H 42

325 Lb / 147 Kg

Starting resistance 1 Lb / >1 Kg

Rev 8/97



2ASB_ILRC

uphol = 5 07-4.5

2. $\cup 12-4.5$

1- U 13-5

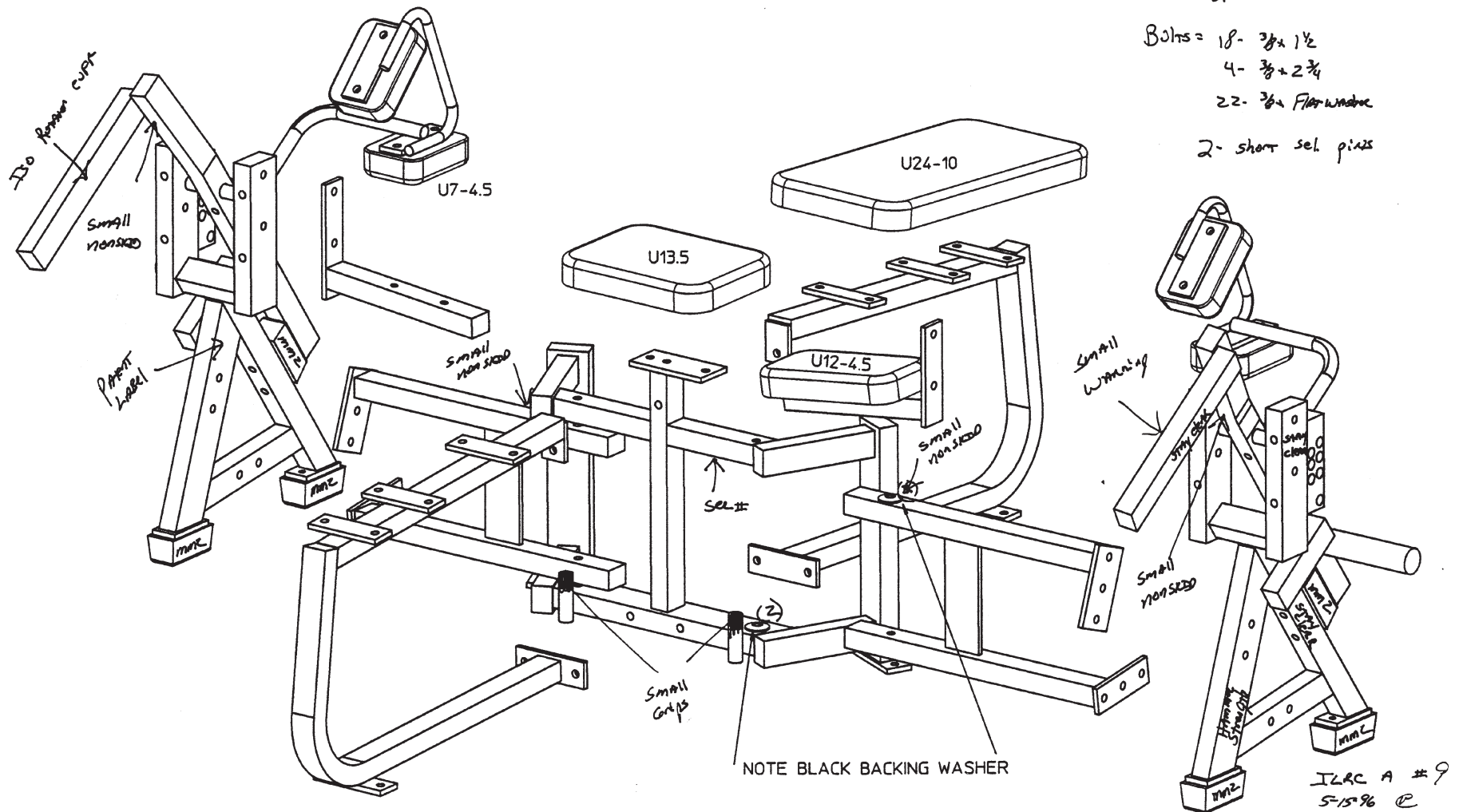
2. U 24-10

Bolts = 18 - 3/8 x 1 1/2

4- $\frac{3}{8} + 2\frac{3}{4}$

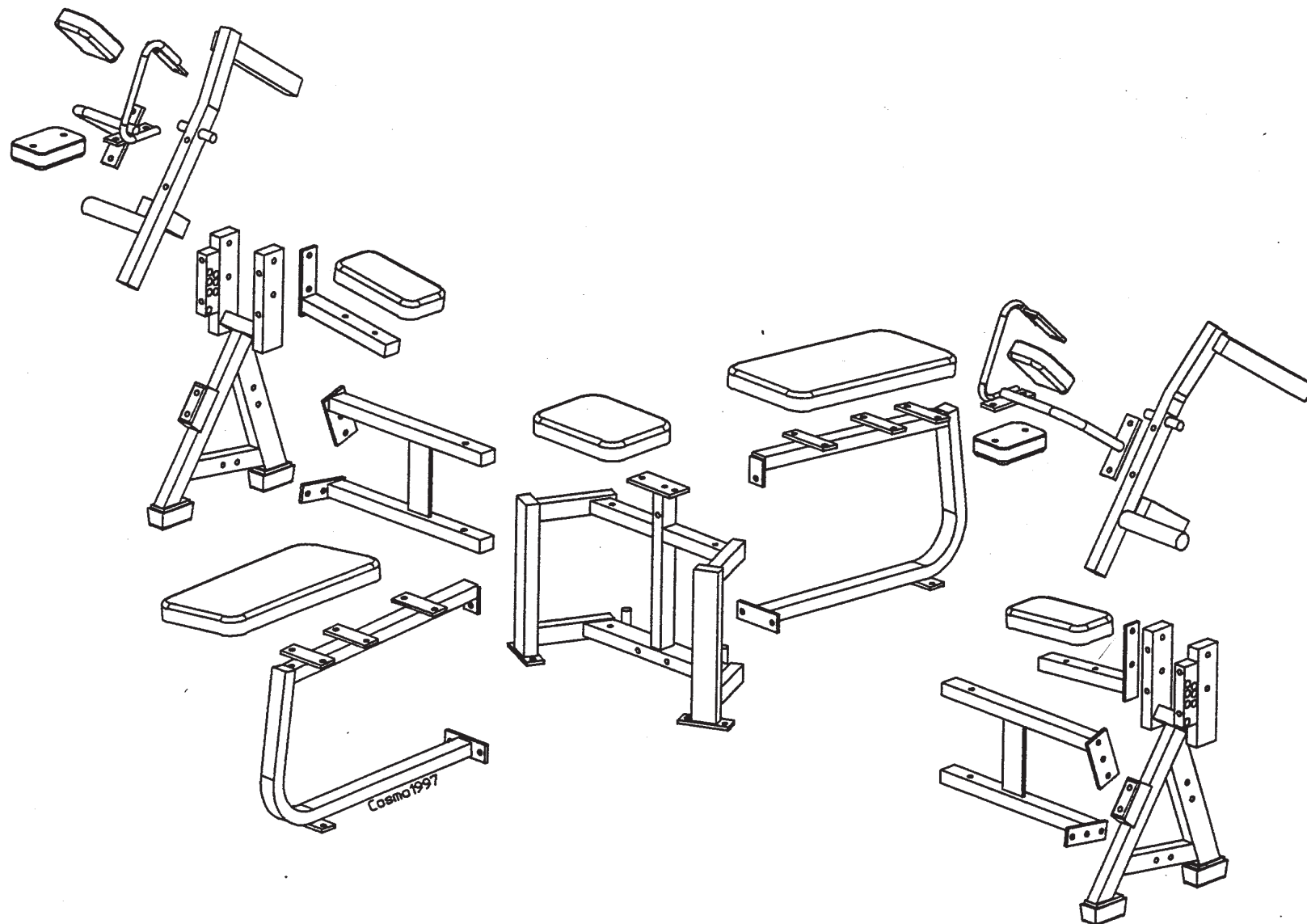
22. $\frac{3}{8}$ Flat washer

2- short sel pins



ILRC A #9
5-15-96 @

Hammer Strength
Iso Lateral Rotator Cuff
Model A



Iso-Lateral Rotator Cuff



Internal Rotation

1. Adjust the work box to the angle which has been recommended by your physician or therapist.
2. Lying on your back; place your tricep on the pad next to you, bend arm at your elbow placing the palm of your hand on the small pads. Generally one will have the arm at an angle less than 90 degrees from the body.
3. Push the pad down with your hand as far as possible.
4. Pause and return slowly and smoothly to the starting position.
5. Repeat this procedure with the other arm.

Muscles Involved: Subscapularis, teres major, anterior deltoid



External Rotation

1. Adjust the work box to the angle which has been recommended by your physician or therapist.
2. Lying on your back; place your tricep on the pad next to you; bending arm at the elbow placing the back of your hand on the small pads. Generally one will have the arm at an angle less than 90 degrees from the body.
3. Push the pad back as far possible with your hand.
4. Pause and return slowly and smoothly to the starting position.
5. Repeat this procedure with the other arm.

Muscles Involved: Infraspinatus, teres minor

HAMMER STRENGTH®

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Cincinnati, OH 45219

