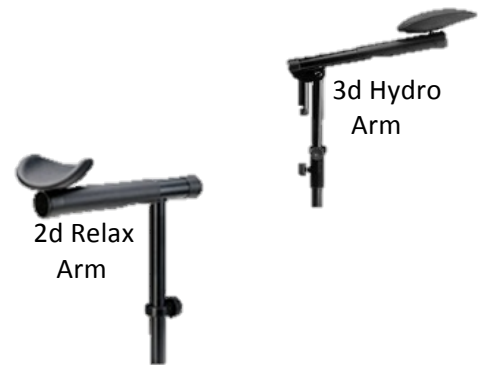


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Productive Practices carries shoulder support systems ([Relax and Hydro Armrests](#)) which both offer relief to the neck and back, while providing full range of motion. The relax armrest is our most popular armrest. This is a 2 dimensional armrest which swings from left to right and also extends in and out. The arm can be set at different heights but once it is set, it stays level and does not bounce up and down. This arm is typically used on the non-dominant arm and is ideal for stabilizing a mirror or just stabilizing your arm to take the pressure off of the shoulders, neck, upper back, and arms. The relax armrest is also used on the dominant hand often.

The hydro armrest offers 3 dimensional telescoping support. Typically used on the dominant arm of the user, the hydro arm swings from left to right, extends in and out, and also has a tension adjustable spring action up and down. If you are looking for very light support but full range of motion, this arm is a good choice. The hydro arm can also be used on the non-dominant hand although it is less common to use it this way. Armrests are universal.

“Ensuring Health and Efficiency Through Productive Practices” Visit the website at www.productivepractices.net , or call 1.877.446.8088, or email sales@productivepractices.net