

Old Method Now Has Bright Future

A previously unknown modality is changing the future of PT **By Lauren Himiak**

▶▶ When you get a glimpse of the Ex-O-Wrist, it may be surprising how simplistic the design is. There are no crazy contraptions, no elaborate straps, no electrical cords, or large buttons to push. Yet when you discover the science behind its design, it becomes a well-manufactured tool that's speeding up the recovery of patients with upper-body injuries. Brian G. Foltz, DC, is not the man behind the invention per se, however, he is the man behind its future. *ADVANCE* sat down with Foltz to talk about how such a unique invention is still virtually unknown in the PT world and what he is doing to change that.

ADVANCE: When were you first introduced to the Ex-O-Wrist?

Foltz: More than 30 years ago, while I was a student in chiropractic college, I met a physical therapist from Rock Island, IL. He happened to have a recent patent of an exercise device called the Ex-O-Wrist and he gave me one. When I got into practice I found it invaluable. Chiropractic, like physical therapy, is a physically challenging profession and the Ex-O-Wrist was a quick and efficient way that I could keep my upper body more toned and flexible.

ADVANCE: Explain what the Ex-O-Wrist is.

Foltz: Ex-O-Wrist, LLC, is a small corporation utilizing a combination of high-tech applica-

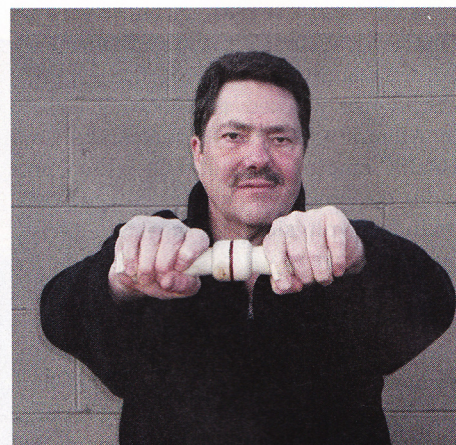
tions along with some of the original design elements. This tool is a serious personal exercise device. The handles are generated from a computerized lathe, and skilled craftsmen finish the product. It is totally green in its construction and it is made in the U.S. It is actually made from ash, the same wood that is used to make major league baseball bats. Because the handles are computer generated, they are all the same and meet our strict quality guidelines. Weighing in at 9 ounces, the Ex-O-Wrist can be used by anyone with two hands. It offers a unique 60-second upper-body exercise and allows users to improve range of motion, increase upper-body strength, and improve cardiovascular health. Similar to a rolling pin, but unique in its design, the Ex-O-Wrist incorporates a twisting action along with pumping. It has a ball-bearing action that insures that the Ex-O-Wrist has a smooth and even travel, and does not tighten or loosen when used. The spring is rated at 400 pounds and will handle many athletic training issues.

ADVANCE: How does it work?

Foltz: It does not duplicate any other exercise. To go through all of the motions usually takes less than 60 seconds. That is because you find your level of tension and increase it to a personally difficult tension. Your fingers, hands, elbows, shoulders and neck will let you know when you are done.

ADVANCE: You mentioned this tool has been around for some time. Why do you think so many people have still never heard of it?

Foltz: Originally, the Ex-O-Wrist came out in the 1920s, but they had design problems and were not successful. Those problems were solved in 1973, but popularity didn't really increase. While communicating with the PT from Rock Island I mentioned, he told me that, tragically, he lost his molds in a fire and he was not making them anymore. Not long after that he died. Even though the Ex-O-Wrist has been in existence for more than 80 years, I found that virtually no one has heard or learned to use the Ex-O-Wrist. It is virtually unknown in the therapy world, until now. This is why I have decided to teach people to use the Ex-O-Wrist.



ADVANCE: How have people reacted to the Ex-O-Wrist?

Foltz: Several years ago I was treating a farmer with a cervical disc problem. I was using traction along with other modalities, and after two weeks his results were negligible. I decided to put him through the Ex-O-Wrist.

The day after his first Ex-O-Wrist treatment, he came back with a big smile and was very much improved. He continued to improve and was subsequently discharged from my care. I have no doubt that his success was attributed to the Ex-O-Wrist.

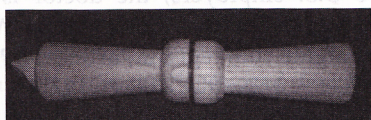
ADVANCE: It seems like this tool can benefit everyone. Is it easy to use?

Foltz: Yes! Many of my patients had upper-body problems and along with treatment, the Ex-O-Wrist proved to be an effective and useful modality. Many of my patients bought Ex-O-Wrist for home use. I am not a fitness guru. Having said that, I do not know how I could have kept in practice for 30 years without the Ex-O-Wrist. Fingers, hands, wrists, elbows, shoulders and neck all are stimulated with the Ex-O-Wrist. They are indestructible and will last a lifetime. ■

The Ex-O-Wrist can be purchased online at <http://exowrist.com/>. For further information about the device and its uses, e-mail Brian Foltz at bgfoltz1@sbcglobal.net.

Lauren Himiak is a freelance writer for ADVANCE.

Arms Control



- Unique 60 second upper body exercise routine, see video online
- Adjust tension from 0-impossible
 - Improve ROM, flexibility, strength, coordination and health
 - Made in the USA

-Log on to **Ex-O-Wrist.com**