# SKILLBUILDERS



# exercise positioning

# Skillbuilders<sup>®</sup> premium molded rolls and wedges have integral waterproof coating that is easily cleaned for years of use



### Skillbuilders<sup>®</sup> wedges

- wedges are ideal positioning shapes for exercise therapy
- put under back, arm or leg of user for comfortable and functional positioning
- provides necessary leverage to promote exercise regime

L x W x H 22 x 20 x 4" 22 x 20 x 6" 22 x 20 x 8" 22 x 20 x 10"	AL-63409A AL-63409C AL-63409E AL-63409F	incline 11° 16° 20° 25°
26 x 24 x 6" 26 x 24 x 8" 26 x 24 x 10" 26 x 24 x 10" 26 x 24 x 12"	AL-63413A AL-63413C AL-63413C AL-63413E AL-63413F	9° 13° 17° 22°



#### Skillbuilders® rolls

- rolls, like wedges, are used to enhance exercise therapy and general positioning
- roll can be placed under the knee to allow weighted ankle lifts
- each roll has a webbing strap for easy carrying and storage

#### L x dia

0.4 4"	
24 x 4"	AL-63399A
24 x 6"	AL-63399C
24 x 8"	AL-63399E
36 x 8"	AL-63399F
36 x 10"	AL-63399G
36 x 12"	AL-63399H
48 x 12"	AL-63399K
48 x 14"	AL-63399L
48 x 16"	AL-63399M

# Skillbuilders® roll rack





## Skillbuilders<sup>®</sup> knee supports



 supports knees and lower legs when user is in supine position

#### LxWxH

13 x 21 x 15" 12 x 22 x 8" AL-63422 wedge AL-63423 crescent



crescent



# Skillbuilders<sup>®</sup> half rolls

- half rolls combine stability of a wedge with the positioning versatility of a roll
- includes hook fastener on bottom to anchor roll
- provides stable base for knee flexion and extension

#### L x W x H elevation

18 x 4 x 2"	0"	AL-63418A
18 x 4 x 3"	1"	AL-63418C
24 x 6 x 4½"	11⁄2"	AL-63418E
30 x 8" x 6"	2"	AL-63418F

## Skillbuilders<sup>®</sup> therapist kit: wedge, roll and half roll



- therapy kits offer Skillbuilders<sup>®</sup> wedges, rolls and half rolls in convenient packages
- kits include:
  W = wedge (L x W x H")
  R = roll (L x dia)
  HR = half roll (L x W + elevation)

kit	contents		
Call	6"L x 20"W x 22"H 24"L x 8" dia 24"L x 6"W x 4½"H	W R HR	
Call	26"L x 24"W x 12"H 36"L x 10" dia 30"L x 8"W x 6"H	W R HR	
Call	22"L x 20"W x 6"H 26"L x 24"W x 10"H 24"L x 8" dia 48"L x 16" dia 30"L x 8"W x 6"H	W W R R HR	

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