



## Stretch-assager Follow-Up Survey Results as of May 2005 of an Ongoing Survey

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This is the first publication of an ongoing study to help establish both the effectiveness of the Stretch-assager and to delineate the problem of Carpal Tunnel Syndrome. It will be updated as data is acquired.

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# Stretch-assager Follow-Up Survey Results as of May 2005

## Overview of Implementation

This data was compiled based on responses to Follow-Up Questionnaires which were emailed or included in the product packaging when shipped. The only pre-screening criteria used was to establish whether the respondent had symptoms of Carpal Tunnel Syndrome and/or Arthritis. Those few that had symptoms that were clearly unrelated were taken out. All respondents had used the product for at least 2 weeks. Respondents used the instructions as provided with the product without demonstration.

Please see accompanying charts for breakdowns and detail.

## Characteristics of Survey Respondents

- Average age was 49
- 64.5% of respondents were female. 35.5% were male.
- A wide range of fields were represented including accounting, auto repair, education, music, transcription, child care, investing, software programming, real estate, retail, graphic design, hair styling, food preparation, writing, welding and other industrial occupations. The most common was clerical work.
- 59.4 % had symptoms in both hands.
- 37.6% had symptoms in only the right hand.
- 3% had symptoms in only the left hand.
- 84.4% had weakness of grip or loss of dexterity as a symptom.
- 75% had numbness and/or tingling.
- 65.6% had been awakened from sleep by their symptoms.

## Product Usage

- 45.4% of the respondents used the product 2-4 times daily.
- 21.1% used it at least twice a day.
- 18.2% used it about twice a week.
- 15.2% used it occasionally.
- We saw no correlation between frequency of usage and respondents that reported positive results.
- None of the respondents reported any negative effects.

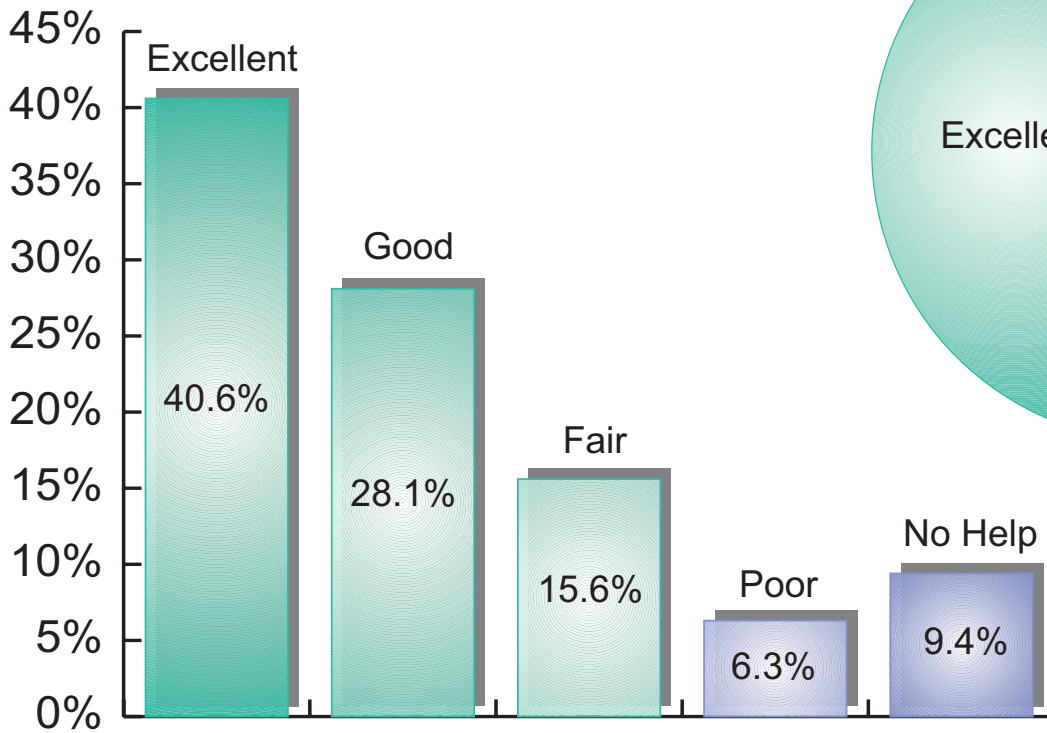
## Improvement of Symptoms

- Improvement was rated as Excellent, Good, Fair, Poor or No Help.
- 84.4% indicated improvement of their symptoms.
  - 40.6% rated the improvement as Excellent, the highest rating.
  - 28.1% rated their improvement as Good
  - 15.6% rated their improvement as Fair
  - 15.7% indicated no improvement.

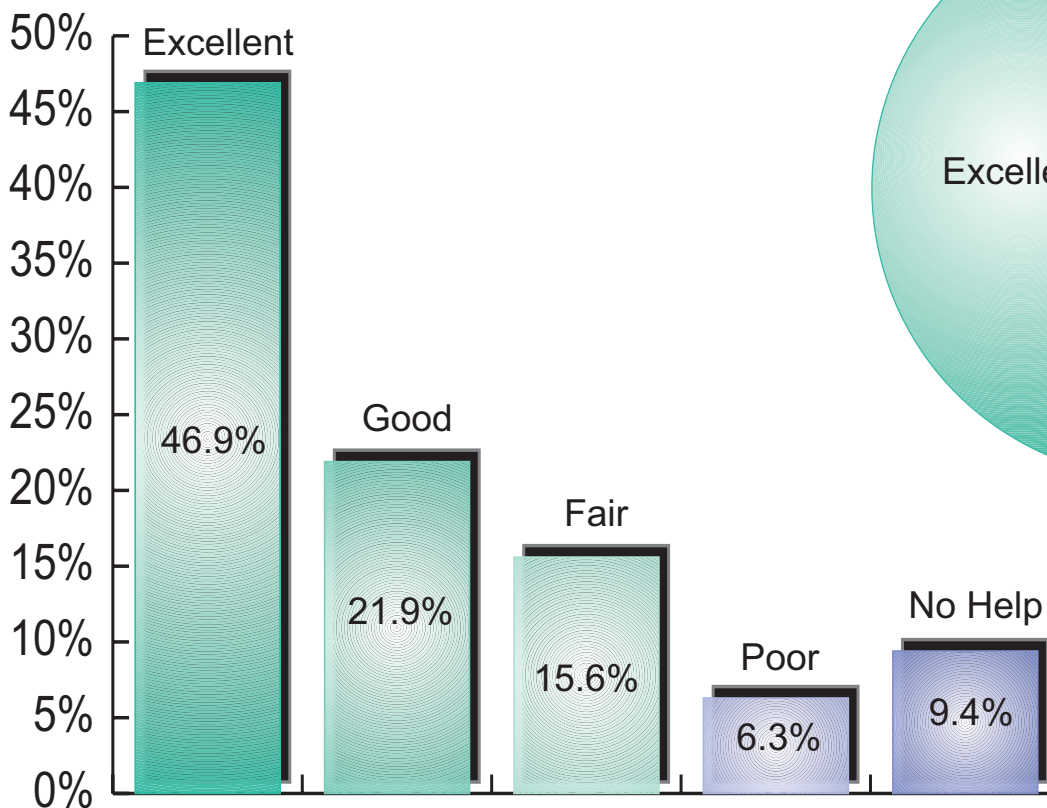
## Overall Rating of the Stretch-assager

- Product was rated as Excellent, Good, Fair, Poor or No Help.
- 84.4% rated the product in a favorable manner.
  - 46.9% rated the product as Excellent, the highest rating.
  - 21.9% rated the product as Good.
  - 15.6% rated the product as Fair.
  - 6.3% rated the product as Poor.
  - 9.4% rated the product as No Help.

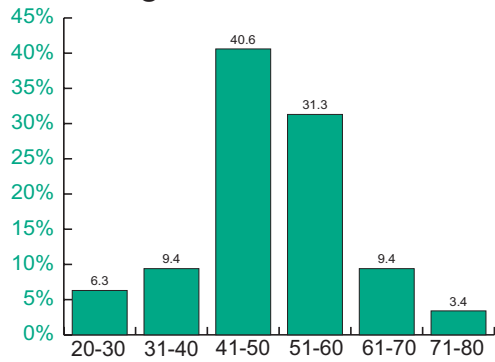
## Improvement of Symptoms



## Overall Rating of the Stretch-assager

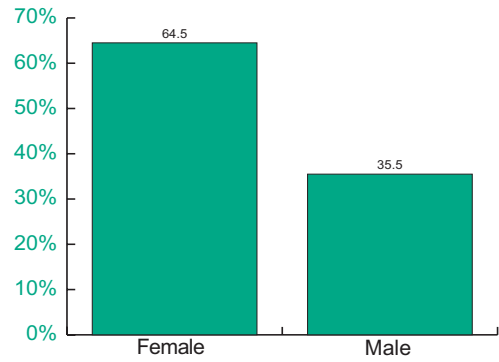


### Age Distribution\*



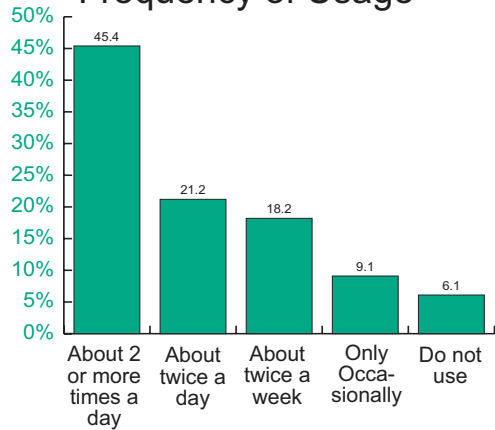
\*Percentage of Total Respondents. Average age was 49.

### Gender Distribution\*



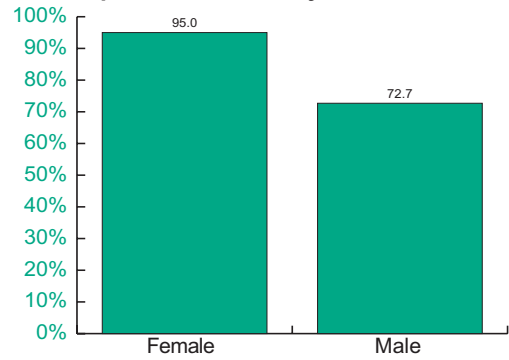
\*Percentage of Total Respondents

### Frequency of Usage\*



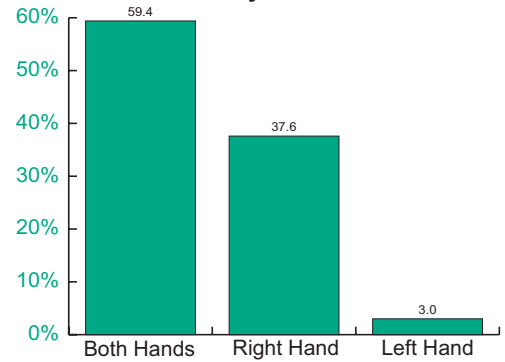
\*Percentage of Total Respondents. We found no direct correlation between Frequency of Usage and Improvement overall. However, 97.5% of those who rated their Improvement either Poor or No help, usage was reported as Only Occasionally or Do Not Use.

### Improvement by Gender\*



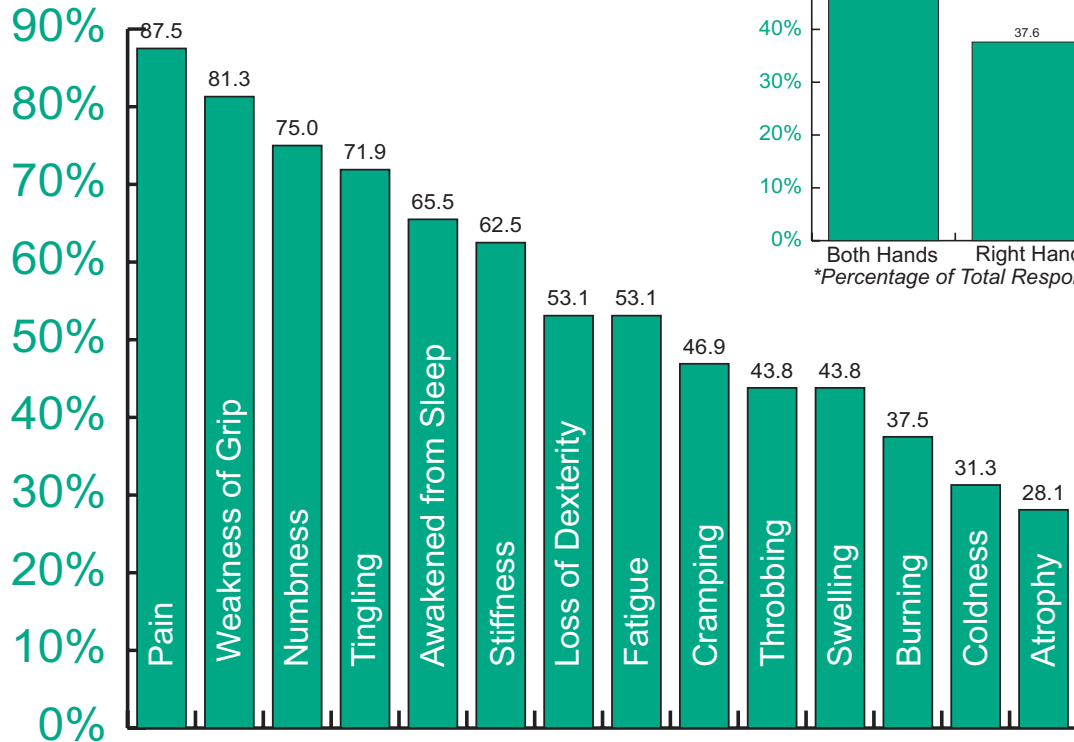
\*Percentage of Total Respondents by Gender who rated Overall Improvement from Excellent to Fair

### Where Symptoms Most Commonly Occurred\*



\*Percentage of Total Respondents

### Most Common Problems\*



\*All Respondents reported more than one symptom.

## **Selected Comments from Respondents**

The instructions on the Stretch-assager helped me understand the source of the problem and empowered me to design a suite of changes enabled me to go from really uncomfortable and with diminished work ability to full function and with the knowledge to avoid future problems. One more thing, I felt relief the first time I used the Stretch-assayer. I have recommended the Stretch-assager to others, but they didn't seem impressed. Regardless, I will keep both of mine – one is in my office and one is at home. Thank you for both a good product, but maybe even more useful, the knowledge to relieve my symptoms without medical assistance. *P.M., St. Petersburg, FL*

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My right hand [and] arm were so tight and had such pain that if I did anything irritating (like lifting a piece of furniture or extensive typing) I could barely stand it. Now I would say its 90% better, and I haven't had a major flare-up. The problem started in Aug 2003 and it flared up about once every 3-4 months, until July. Since July, I get some soreness or tightness after major repetitive use, but not the extreme tightness or resulting bruising. Thank you for this product. I think it's saved me from major problems/surgery. *N.G., Abiington, PA*

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After only one month I've noticed marked improvement. I am sure this will continue! *K.B., Freehold, NJ*

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IT WORKS! *V.C., Staten Island, NY*

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Unbelievable!!! *J.A., Marietta, GA*

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Completely satisfied with product. Recommended to a friend. *L.S., Dearborn, MI*

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When I talk to people, I highly recommend they try this product before having surgery. What a blessing!! Thanks. *C.G., Boise, ID*

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I believe that faithful use of the Stretch-assager will help avoid need for surgery. *E.H., Bedford, VA*

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Performed as advertised. Helped to stretch out wrists and fingers in a comfortable way. *B.C., Oakland, NJ*

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Thank You! *C.L., Ocean City, NJ*

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It is great! *J.C., Atlanta, GA*

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The Stretch-assager has helped improve my range of motion in both hands/ wrists and reduced the stiffness in both. *J.P., Olathe, KS*

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Solid product. *J.L., New York, NY*