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## **INTRODUCTION**

In view of the recent amendment made in the Patents Act, 1970 by the Patents (Amendment) Act, 2005 effective from 01<sup>st</sup> January 2005, the Official Journal of The Patent Office is required to be published under the Statute. This Journal is being published on weekly basis on every Friday covering the various proceedings on Patents as required according to the provision of Section 145 of the Patents Act 1970. All the enquiries on this Official Journal and other information as required by the public should be addressed to the Controller General of Patents, Designs & Trade Marks. Suggestions and comments are requested from all quarters so that the content can be enriched.

**( PROF. (DR) UNNAT P. PANDIT )**  
**CONTROLLER GENERAL OF PATENTS, DESIGNS & TRADE MARKS**

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(57) Abstract :

The present invention is a simple yet effective therapeutic technique that promotes mobility and flexibility in the wrist joint. By employing gentle, controlled movements in a circular pattern, the present invention can help to improve range of motion, reduce stiffness, and alleviate discomfort associated with conditions such as arthritis or post-injury rehabilitation. Regular practice of wrist circumduction and strengthening exercise by thera-tubes can contribute significantly to enhancing overall wrist function and facilitating daily activities that require wrist mobility. Incorporating the present invention into a comprehensive rehabilitation or maintenance program can lead to improved quality of life by promoting joint health and functionality.

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