

How To Use the A.B. Innovations Pill Crusher

Like anything new, this may take a few tries to get a feel for how it works. The crusher may look like other crushers but works differently and requires less effort!

Step 1

- Place pill(s) **between two paper pill cups** (or one plastic one on the bottom and a paper one on the top).
- Slide the cups onto the handle anvil.
- Using a plastic cup on the bottom prevents cup splits (with multiple pills or hard pills).



Step 2

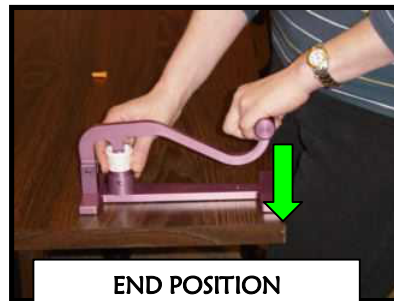
- Gently lower the handle until the two anvils meet. This is the start point.
- Keep your wrists in a straight or “neutral” posture.



START POSITION

Step 3

- Apply **gentle** pressure to the handle. This alone will crush the meds, you do not need to pound!



END POSITION

Step 4

- Between each crush, release the handle to the start position (you do not need to lift the handle up) and gently turn the pill cups.
- The pills will crush with the spring/twisting motion of the anvils.

