

## HANDMASTER PLUS - Basic Exercises

### Warning:

As with any exercise program, consult a health care professional before using the Handmaster Plus™ System. If pain is experienced, discontinue use immediately and consult a health care professional.

#### Therapist Area:

1.

Comments:

2.

Comments:

3.

Comments:

Fig 1



Fig 2



Fig 3



Fig 4



Fig 5

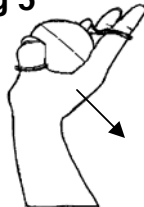


Fig 6



Fig 7



### 1. Basic Exercise (finger, thumb, hand, wrist, forearm & elbow balance, rehab, stabilizing & strengthening; Carpal Tunnel Synd.; DeQuervain's Synd.; stroke/neuropathy; post-surgery; osteoarthritis; osteoporosis; blood flow; tendonitis; etc.)

*Note: Keep the wrist straight throughout the exercise. The elbow should be flexed to 90 degrees or more during the exercise. The elbow should be supported (against the rib-cage or on a table or other surface) to minimize shoulder stress.*

**Step 1.** Squeeze the hand against the resistance of the sponge ball (fig. 1). Hold for 1 second.

**Step 2.** Extend AND spread the fingers and thumb against the resistance of the flexible cords (fig. 2). Hold 1 second.

**\*\*Repeat steps 1 and 2 until comfortable fatigue only. Repeat 1 to 3 times daily.**

### 2. Lateral Forearm Exercise (strengthening & rebalancing of lateral elbow & forearm; treatment & prevention of Tennis/Golfer's Elbow; extensor tendonitis rehab)

*Note: Keep the wrist straight throughout the exercise. The elbow should be flexed to 90 degrees or more during the exercise. The elbow should be supported against the rib-cage or on a table or other surface.*

**Step 1.** Squeeze the hand against the resistance of the sponge ball (Fig. 3).

**Step 2.** Keeping the thumb flexed onto the ball and the wrist straight, extend and spread only the fingers (Fig. 4).

**Step 3.** Keeping the thumb flexed onto the ball, extend the wrist (Fig. 5).

**\*\*Repeat steps 1 to 3 until comfortable fatigue only. Repeat 1 to 3 times daily.**

### 3. Distal Finger and Thumb Isolation Exercise

*Note: Keep the wrist straight throughout the exercise. The elbow should be flexed to 90 degrees or more during the exercise. The elbow should be supported against the rib-cage or on a table or other surface.*

**Step 1.** Squeeze the fingertips and thumb tip (keeping the first finger joints straight) against the resistance of the sponge ball (Fig. 6).

**Step 2.** Extend AND spread the fingers and thumb against the resistance of the flexible cords (Fig. 7). Hold for 1 second.

**\*\*Repeat steps 1 and 2 until comfortable fatigue only. Repeat 1 to 3 times daily**