

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**