

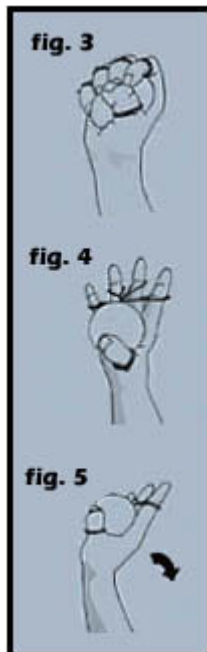
### 1. Basic Exercise (finger, thumb, hand, wrist, forearm & elbow balance, stabilizing & strengthening; Carpal Tunnel Syndrome; DeQuervain's Tenosynovitis; extensor tendonitis; etc)

*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 elbow/forearm; treatment & prevention of Tennis/Golfer's Elbow)

*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. 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**