## Handmaster Plus<sup>TM</sup> – Sports Applications (Note: ROM = Range of Motion)

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	Specific	Handmaster Plus <sup>TM</sup>	Handmaster Plus <sup>TM</sup>
SPORT	Lower Arm	Performance	Injury
	<b>Demands</b>	Benefit	Benefit
	-Elbow, wrist & hand	1. Optimal reciprocal	1. Hand muscles attach
	health for pitchers.	muscle group balance	at elbow, forearm, wrist,
	-Strength, hand speed &	improves hand, wrist	hand, fingers and thumb.
Baseball	ROM for batters.	speed & strength for	Exercising both opening
	-Strength, hand speed &	pitchers and batters.	AND closing muscles
	ROM for fielders.	2. Improving extensor	improves blood flow &
	-Repetitive grasping	muscle strength opens	balance to all tissues
	during training and	gloves faster (flexor	(essential for injury
	competition leads to	muscles less dominant),	prevention & treatment
	flexor muscle imbalance	reducing reaction time.	programs).
	-Optimum hand strength	1. Strengthens the	1. Strengthens fingers &
	& ROM is required to	muscles that open the	thumbs through both
	handle larger ball.	hand & spread the	extension & flexion,
Basketball	-Shooting requires hand	fingers, allowing better	resulting in optimum
	speed, strength & full	large ball handling.	strength, balance &
	finger & wrist extension	2. Strengthens wrist &	blood flow (essential for
	in setting the ball.	finger extensor muscles,	sprain prevention and
	-Regular finger & thumb	allowing optimal set	treatment programs).
	sprains are inherent.	position for shot (flexor	
		muscles less dominant).	
	- Hand, wrist & forearm	<ol> <li>Optimal reciprocal</li> </ol>	1. Exercising both
Football	strength required at all	muscle group balance	opening AND closing
FOOLDAII	positions.	maximizes hand, wrist	muscles improves blood
	- Hand, finger & thumb	& forearm strength.	flow and balance to all
	injuries common.		lower arm tissues.
	- Optimum finger &	1. Strengthens wrist &	1. Strengthens fingers &
	wrist extension required	finger extensor muscles,	thumbs through both
X7 a H a sala a H	in setting the ball.	allowing optimal setting	extension & flexion,
Volleyball	-Regular finger & thumb	speed & position (flexor	resulting in optimum
	jams & sprains are	muscles less dominant).	strength, balance &
	inherent.		blood flow (essential for
			sprain/jam prevention &
	The state of the		treatment protocols).
	-Repetitive strain &	Optimal reciprocal	Optimal reciprocal
	overuse injuries (carpal	muscle group balance	muscle group balance
Golf	tunnel, tennis/golfer's	improves hand, wrist &	improves performance
Gun	elbow, tendonitis, etc.).	forearm speed, strength	& reduces the risk of
	- Hand, wrist & forearm	& ROM.	experiencing debilitating
	speed, strength & ROM		repetitive strain &
	required.	1.0.4	overuse injuries.
	-Repetitive strain &	1. Optimal reciprocal	1. Optimal reciprocal
	overuse injuries (carpal	muscle group balance	muscle group balance
Tennis	tunnel, tennis/golfer's	improves hand, wrist &	improves performance
1 (11111)	elbow, tendonitis, etc.).	forearm speed, strength	& reduces the risk of
	- Hand, wrist & forearm	& ROM.	experiencing debilitating
	speed, strength & ROM		repetitive strain &
	required.  All Rights Reserved. Do not duplic:		overuse injuries.

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Handmaster Plus<sup>TM</sup> – Sports Applications (cont.)

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	Specific	Handmaster Plus <sup>TM</sup>	Handmaster Plus <sup>TM</sup>	
SPORT	Lower Arm	Performance	Injury	
	<b>Demands</b>	Benefit	Benefit	
Hockey/ Lacrosse	-Repetitive strain & overuse injuries (carpal tunnel, tennis/golfer's elbow, tendonitis, etc.)Hand, wrist & forearm speed, strength & ROM required at all positionsGoalies require strong hand opening muscles for fast glove hand reaction timeClassic repetitive flexion imbalance (grip	Optimal reciprocal muscle group balance improves hand, wrist & forearm speed, strength & ROM.     Improving extensor muscle strength allows goalies to open glove hand faster (i.e. flexor muscles less dominant), reducing reaction time.     Optimal reciprocal muscle group balance	Optimal reciprocal muscle group balance improves performance & reduces the risk of experiencing future debilitating repetitive strain & overuse injuries.     Regain reciprocal muscle group balance after lower arm injury.     Optimal reciprocal muscle group balance	
Climbing	muscles dominate extensor muscles) leads to overuse & imbalance injuriesHand, wrist & forearm speed, strength & ROM required.	improves hand, wrist & forearm speed, strength & ROM.	improves performance & reduces the risk of experiencing future debilitating repetitive flexion & overuse injuries.  2. Regain reciprocal muscle group balance after lower arm injury.	
Body Building/ MMA/Boxing	- If body builders & combat sports don't have hand-opening resistive exercises in their training routine, they are missing 9 key grip stabilizing muscles.	1. Convenient solution for strengthening awkward hand opening muscles (finger and thumb extension and abduction muscles).	Optimizes reciprocal muscles for strength.     Daily maximum blood flow & lymph drainage prevents new injuries & aids to heal old injuries.	
Yachting	-Classic repetitive flexion imbalance (grip muscles dominate extensor muscles) leads to overuse & imbalance injuriesHand, wrist & forearm speed, strength, stability & range of motion (ROM) required.	1. Optimal reciprocal muscle group balance improves hand, wrist & forearm speed, strength & ROM.	1. Optimal reciprocal muscle group balance improves performance & reduces the risk of future debilitating repetitive flexion & overuse injuries. Aids old injury healing.  2. Regain reciprocal muscle group balance after lower arm injury.	
Gymnastics	-Classic repetitive flexion imbalance (grip muscles dominate extensor muscles) leads to overuse & imbalance injuriesHand, wrist & forearm speed, strength & ROM	1. Optimal reciprocal muscle group balance improves hand, wrist & forearm speed, strength & ROM.	1. Treat & prevent repetitive flexion & overuse injuries by addressing optimal reciprocal muscle group balance of the lower arm.	

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