

Handmaster Plus™ – Sports Applications

(Note: ROM = Range of Motion)

SPORT	Specific Lower Arm Demands	Handmaster Plus™ Performance Benefit	Handmaster Plus™ Injury Benefit
Baseball	<ul style="list-style-type: none"> -Elbow, wrist & hand health for pitchers. -Strength, hand speed & ROM for batters. -Strength, hand speed & ROM for fielders. -Repetitive grasping during training and competition leads to flexor muscle imbalance 	<ol style="list-style-type: none"> 1. Optimal reciprocal muscle group balance improves hand, wrist speed & strength for pitchers and batters. 2. Improving extensor muscle strength opens gloves faster (flexor muscles less dominant), reducing reaction time. 	<ol style="list-style-type: none"> 1. Hand muscles attach at elbow, forearm, wrist, hand, fingers and thumb. Exercising both opening AND closing muscles improves blood flow & balance to all tissues (essential for injury prevention & treatment programs).
Basketball	<ul style="list-style-type: none"> -Optimum hand strength & ROM is required to handle larger ball. -Shooting requires hand speed, strength & full finger & wrist extension in setting the ball. -Regular finger & thumb sprains are inherent. 	<ol style="list-style-type: none"> 1. Strengthens the muscles that open the hand & spread the fingers, allowing better large ball handling. 2. Strengthens wrist & finger extensor muscles, allowing optimal set position for shot (flexor muscles less dominant). 	<ol style="list-style-type: none"> 1. Strengthens fingers & thumbs through both extension & flexion, resulting in optimum strength, balance & blood flow (essential for sprain prevention and treatment programs).
Football	<ul style="list-style-type: none"> - Hand, wrist & forearm strength required at all positions. - Hand, finger & thumb injuries common. 	<ol style="list-style-type: none"> 1. Optimal reciprocal muscle group balance maximizes hand, wrist & forearm strength. 	<ol style="list-style-type: none"> 1. Exercising both opening AND closing muscles improves blood flow and balance to all lower arm tissues.
Volleyball	<ul style="list-style-type: none"> - Optimum finger & wrist extension required in setting the ball. -Regular finger & thumb jams & sprains are inherent. 	<ol style="list-style-type: none"> 1. Strengthens wrist & finger extensor muscles, allowing optimal setting speed & position (flexor muscles less dominant). 	<ol style="list-style-type: none"> 1. Strengthens fingers & thumbs through both extension & flexion, resulting in optimum strength, balance & blood flow (essential for sprain/jam prevention & treatment protocols).
Golf	<ul style="list-style-type: none"> -Repetitive strain & overuse injuries (carpal tunnel, tennis/golfer's elbow, tendonitis, etc.). - Hand, wrist & forearm speed, strength & ROM required. 	<ol style="list-style-type: none"> 1. Optimal reciprocal muscle group balance improves hand, wrist & forearm speed, strength & ROM. 	<ol style="list-style-type: none"> 1. Optimal reciprocal muscle group balance improves performance & reduces the risk of experiencing debilitating repetitive strain & overuse injuries.
Tennis	<ul style="list-style-type: none"> -Repetitive strain & overuse injuries (carpal tunnel, tennis/golfer's elbow, tendonitis, etc.). - Hand, wrist & forearm speed, strength & ROM required. 	<ol style="list-style-type: none"> 1. Optimal reciprocal muscle group balance improves hand, wrist & forearm speed, strength & ROM. 	<ol style="list-style-type: none"> 1. Optimal reciprocal muscle group balance improves performance & reduces the risk of experiencing debilitating repetitive strain & overuse injuries.

Handmaster Plus™ – Sports Applications (cont.)

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