

Handmaster Plus Hand Exercise Therapy & Rehabilitation Apps:

(*Upon consultation with health care professional, perform 1-3 times daily to comfortable fatigue only)

Condition	Summary	Why Handmaster Plus?
1. Carpal Tunnel Syndrome	Repetitive flexion & gripping result in tunnel collapse, tunnel pressure and/or inflamed flexor tendons most often causative. Joint alignment affected. Muscular imbalance and/or swelling precipitate a decrease in the space of the carpal tunnel. Median nerve pathology results.	<ol style="list-style-type: none"> 1. Equalizes ratio between flexor and extensor/abductor muscle strength. 2. Strengthens finger and thumb abduction, supporting tunnel. 3. Increases blood flow and lymph drainage through the CT. 4. Exercises muscles through full, natural planes of motion.
2. Lateral Epicondylitis (Tennis Elbow)	Overuse or direct injury occurs to the tendon(s) of a finger and/or wrist extensor muscle(s) at its origin, the lateral epicondyle (of the humerus). Weakness and/or tendon pathology (usually avascularity & intermuscular adhesion) is often causative.	<ol style="list-style-type: none"> 1. Strengthens all finger extensor AND wrist extensor muscles (see tennis elbow exercise). 2. Equalizes the ratio between flexor and extensor muscle strength. 3. Increases blood flow and lymph drainage. 4. Exercises muscles through full, natural planes of motion.
3. Medial Epicondylitis (Golfer's Elbow)	Overuse or direct injury occurs to the tendon(s) of a finger and/or wrist flexor muscle(s) at its origin, the medial epicondyle (of the humerus). Weakness and/or tendon pathology (usually avascularity & intermuscular adhesion) is often causative.	<ol style="list-style-type: none"> 1. Strengthens the finger flexor muscles. 2. Equalizes the ratio between flexor and extensor muscle strength. 3. Increases blood flow and lymph drainage. 4. Exercises muscles through full, natural planes of motion.
4. Osteoarthritis	Many varying causative factors for joint inflammation including overuse, traumatic, metabolic & genetic origins. Painful swelling, nodules & reduced ROM are common physical findings.	<ol style="list-style-type: none"> 1. Increases blood flow and lymph drainage to/from cartilage. 2. Improves range of motion. 3. Exercises muscles through full, natural planes of motion. <p>*Begin by using soft product & progress as indicated. If patient cannot perform basic exercises with soft product, discontinue.</p>
5. Osteoporosis	Decrease bone density resulting from factors such as metabolic factors, sedentary lifestyle, aging, emotional stress and poor diet. Fracture risk potential resulting from minor trauma is greatly increased.	<ol style="list-style-type: none"> 1. Resistive exercises stimulate increased Ca⁺/element absorption and bone formation, Wolfe's Law 2. Increases blood flow (O₂ & nutrients) and lymph drainage. 3. Exercises muscles through full, natural planes of motion.
6. Circulation/ Post-mastectomy, / Reflex Sympathetic Dystrophy	General group of conditions resulting in a reduction of normal blood flow to the hand, wrist and forearm.	<ol style="list-style-type: none"> 1. Stimulates an increase of blood flow and lymph drainage to the area due to active environment.

	Summary (Cont'd)	Why Handmaster Plus? (Cont'd)
Repetitive Stress Injuries (RSI's) in Play, Hobby & Workplace Ergonomics	Repetitive, imbalanced daily actions result in overuse, tissue imbalance and/or injury. Ergonomic and wellness exercise principles are generally ignored. Workers are physically not prepared properly for their workload.	<ol style="list-style-type: none"> 1. Equalizes the ratio between flexor and extensor muscle strength (strength & balance). 2. Increases blood flow and lymph drainage to the area. 3. Exercises muscles through full, natural planes of motion. 4. It is a complete, convenient and cost-effective workplace injury solution. Everyone wins.
Neuropathy/ Stroke Rehabilitation/ Nerve Palsies/ Spinal Cord Injury/Intention Tremor/ Parkinson's Disease	Many causative factors result in an interruption in the conduction or coordination of nerve messages to cells, tissues (especially muscle) & organs.	<ol style="list-style-type: none"> 1. Classically, awkward putty/ stress ball used in rehabilitation. Radial nerve is not stimulated unless extension & abductor muscles are used. Handmaster Plus™ stimulates ALL peripheral nerve roots. *Begin by using soft product & progress as indicated.
Old Injury, Sprain, Strain or Fracture Rehabilitation/Post-Surgery Rehabilitation	Sprains & fractures are generally not rehabilitated and instead left to heal without thought of scar formation & ROM recovery. Post-surgery cases usually include very little or no follow-up exercise program. Any post injury/surgery exercise is usually limited to putty or a squeeze ball.	<ol style="list-style-type: none"> 1. Exercises muscles through full, natural planes of motion. 2. Ensures blood flow and lymph drainage for prevention of chronic adhesion. 3. Equalizes the ratio between flexor and extensor muscle strength, ensuring optimal ROM & recovery.
Athletic Performance Enhancement & Injury Prevention	Generally accepted principles in athletic training involve strengthening reciprocal muscle groups and preparing the body completely for competition. Any edge that can be given to the athlete increases the chance of success. Many sports are based on daily repetitive gripping in competition, practice and training.	<ol style="list-style-type: none"> 1. The only product to strengthen finger/thumb extension and abduction (9 muscles previously neglected). Increase speed, control & stamina of muscles that open and spread the hand. 2. Equalizes the ratio between flexor and extensor muscle strength, ensuring optimal performance and injury prevention.
Musician Performance Enhancement & Injury Prevention	Stamina, coordination, range of motion and injury prevention are all important for musical performance and longevity. Many musical pursuits are based on daily repetitive gripping in competition, practice and training.	<ol style="list-style-type: none"> 1. The only product to strengthen finger/thumb extension and abduction (9 muscles). 2. Equalizes the ratio between flexor and extensor muscle strength, ensuring optimal performance and injury prevention.
DeQuervain's Syndrome	Caused by repetitive motion where the thumb is constantly being required to move up and down - such as when using a computer keyboard or smartphone.	<ol style="list-style-type: none"> 1. Equalizes the ratio between flexor and extensor muscles. 2. Increases blood flow and lymph drainage to the area. 3. Strengthens thumb extensor and abductor support muscles.