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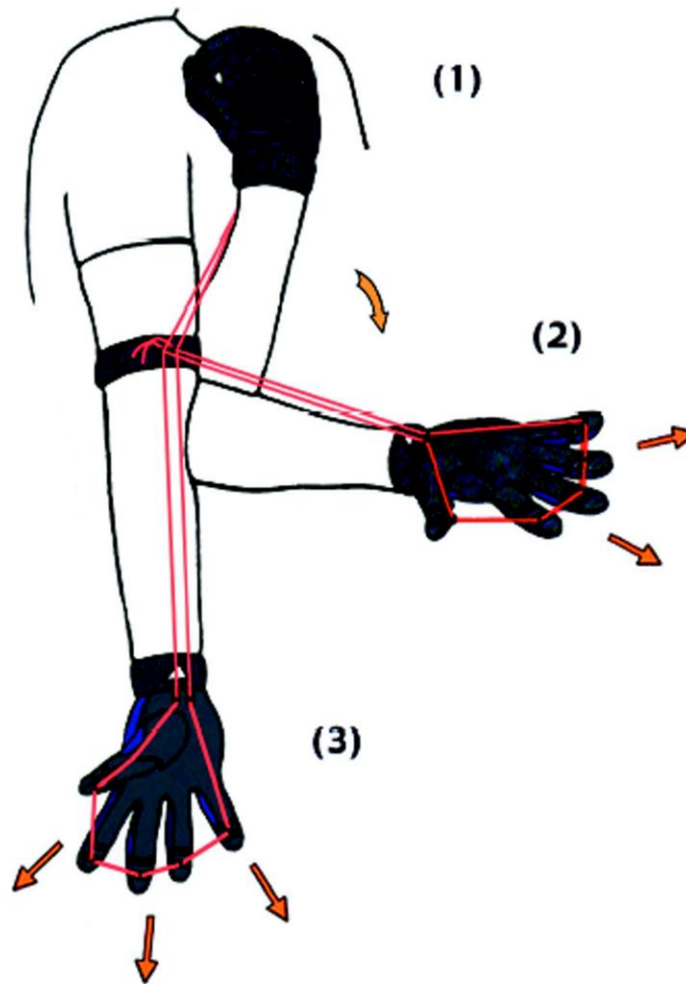
Palm-Up Elbow Moving

Palm-Up Elbow Moving is a smooth and fluid movement, with each repetition taking approximately 1.5 - 2 seconds to complete. The hand, wrist, and elbow all move together in a smooth, controlled motion:

Step 1: Start with the hand facing palm-up and positioned at shoulder level, the fingers and wrist in flexion (making a “relaxed fist”.)

Step 2: Spread the fingers apart/opening hand, extending the fingers, wrist, and elbow backward...

Step 3: ...continue backward, completely spreading the fingers apart while extending downward to the neutral/straight position. Return to the starting position and repeat.

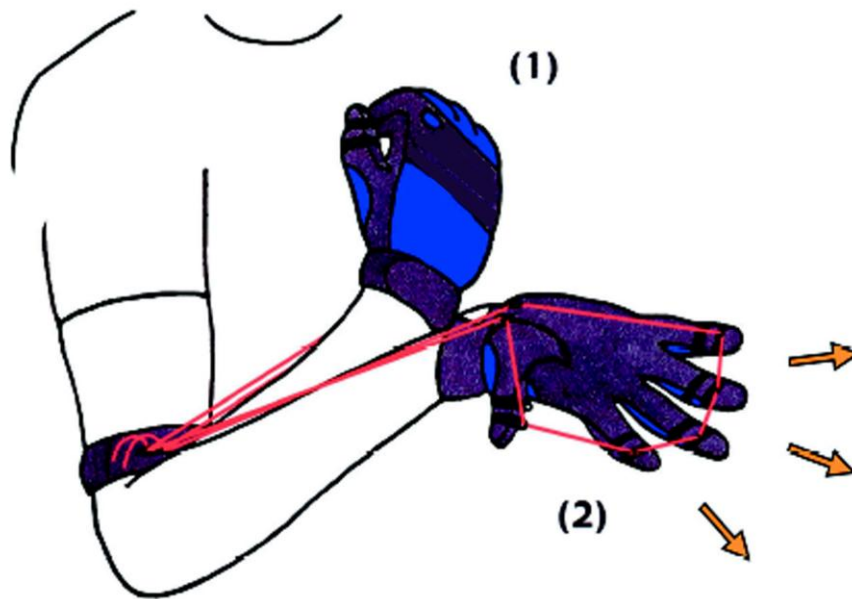


Palm-Up Isolated

Palm-Up Isolated is a smooth and fluid movement, with each repetition taking approximately 1 second to complete. The hand and wrist move together in a smooth, controlled motion. Keep the elbow bent 45°, isolating the hand and wrist:

Step 1: Start with the hand facing palm-up and positioned at chest level, the fingers and wrist in flexion (making a “relaxed fist”.)

Step 2: Spread the fingers apart/opening hand, extending the fingers and wrist backward to the neutral/straight position. Return to the starting position and repeat.



Thumb-Up Elbow Moving

Thumb-Up Elbow Moving is a smooth and fluid movement, with each repetition taking approximately 1.5 - 2 seconds to complete. The hand, wrist, and elbow move together in a smooth, controlled motion:

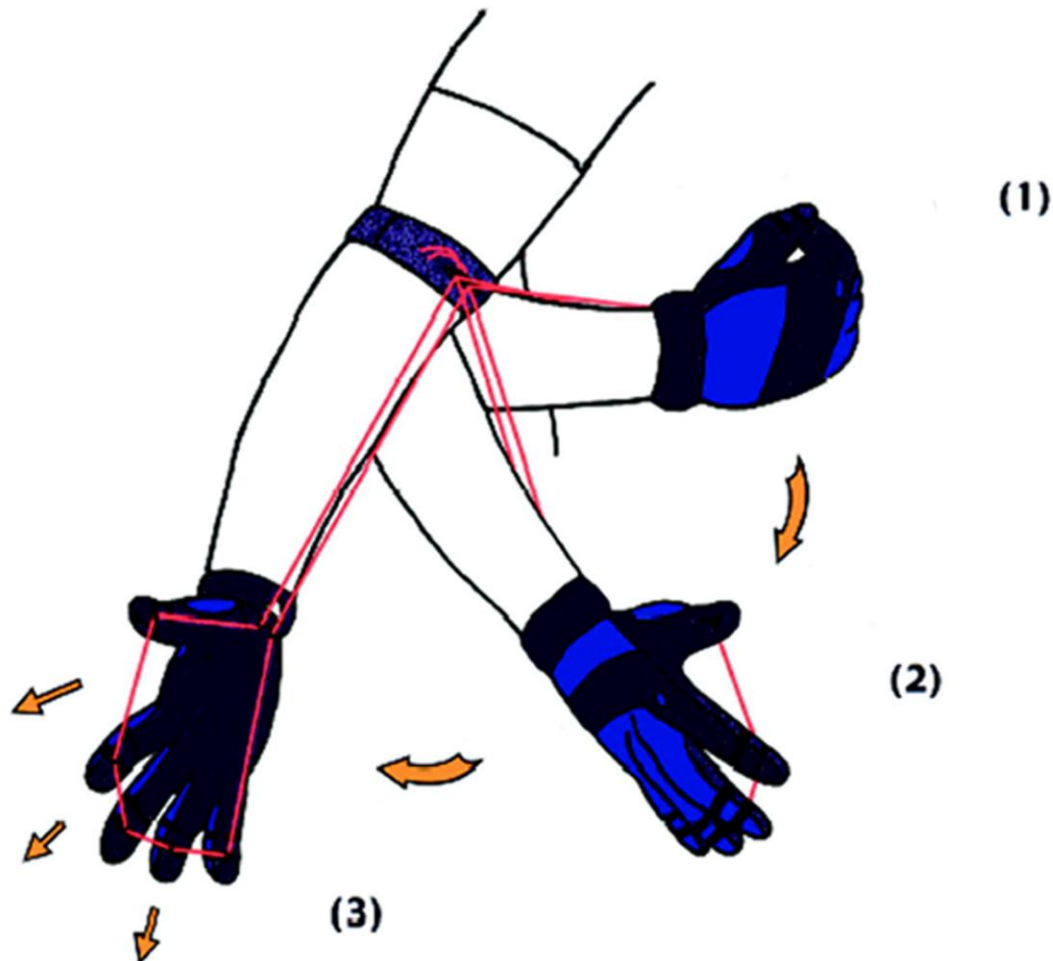
Note: Position the Arm Strap, turning 90° (1/4 turn) counter-clockwise*, bringing the rings to the inside of the forearm. * **Left-Hand:** Turn 90° (1/4 turn) clockwise.

Step 1: Start with the hand in the thumb-up position, fingers and wrist in flexion (making a “relaxed fist”), with the wrist curled in towards the abdomen.

Step 2: Spread the fingers apart/opening hand, extending the fingers, wrist, and elbow outward (away from the body)...

Step 3: ...continue backward, completely spreading the fingers apart while extending out to the neutral/straight position. Return to the starting position and repeat.

NOTE: *Helpful Hint: Perform this exercise as if doing a backhand in tennis or racquetball. Imagine holding the racquet out and crossing over in front of you.*



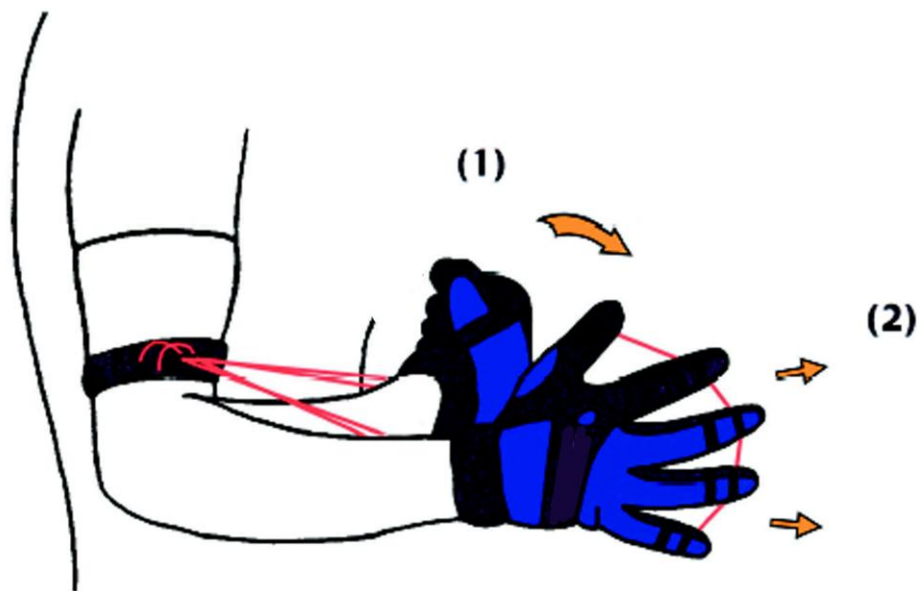
Thumb-Up Isolated

Thumb-Up Isolated is a smooth and fluid movement, with each repetition taking approximately 1 second to complete. The hand and wrist move together in a smooth, controlled motion. Keep the elbow bent 90°, isolating the hand and wrist:

Note: Position the Arm Strap, turning 90° (1/4 turn) counter-clockwise*, bringing the rings to the inside of the forearm. * **Left-Hand:** Turn 90° (1/4 turn) clockwise.

Step 1: Start with the hand in the thumb-up position, fingers and wrist in flexion (making a “relaxed fist”), with the wrist curled in towards the abdomen.

Step 2: Spread the fingers apart/opening hand, extending the fingers and wrist outward to the neutral/straight position. Return to the starting position and repeat.



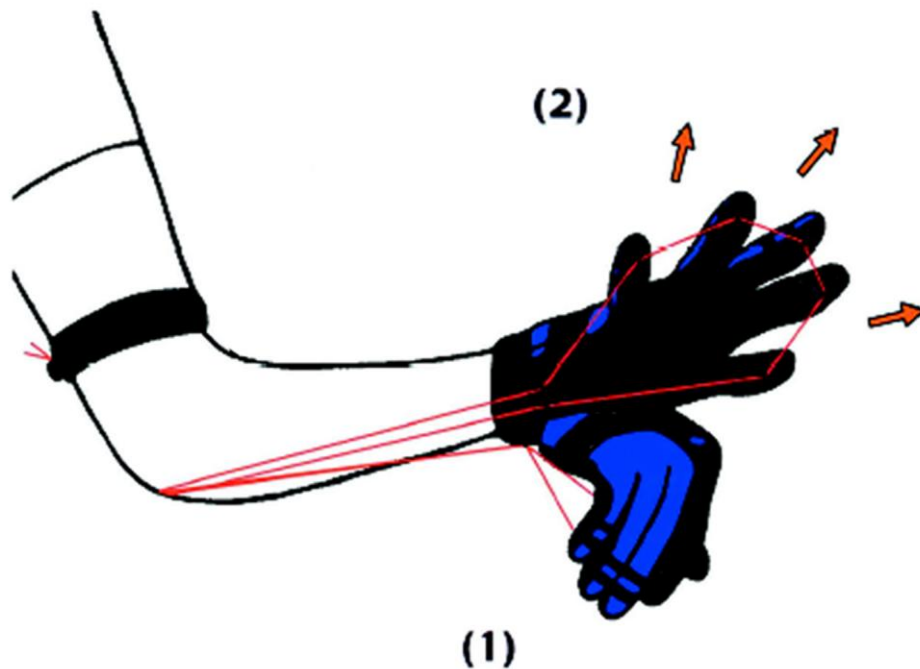
Palm-Down Isolated

Palm Down Isolated is a smooth and fluid movement, with each repetition taking approximately 1 second to complete. The hand and wrist move together in a smooth, controlled motion. Keep the elbow bent 90°, isolating the hand and wrist:

Note: Position the Arm Strap, turning 180° (1/2 turn) counter-clockwise*, bringing the rings to the underside of the forearm. * **Left-Hand:** Turn 180° (1/2 turn) clockwise.

Step 1: Start with the hand in the palm-down position, the fingers and wrist in flexion (making a “relaxed fist”.)

Step 2: Spread the fingers apart/opening hand, extending the fingers and wrist upward to the neutral/straight position. Return to the starting position and repeat.



Pronation Isolated

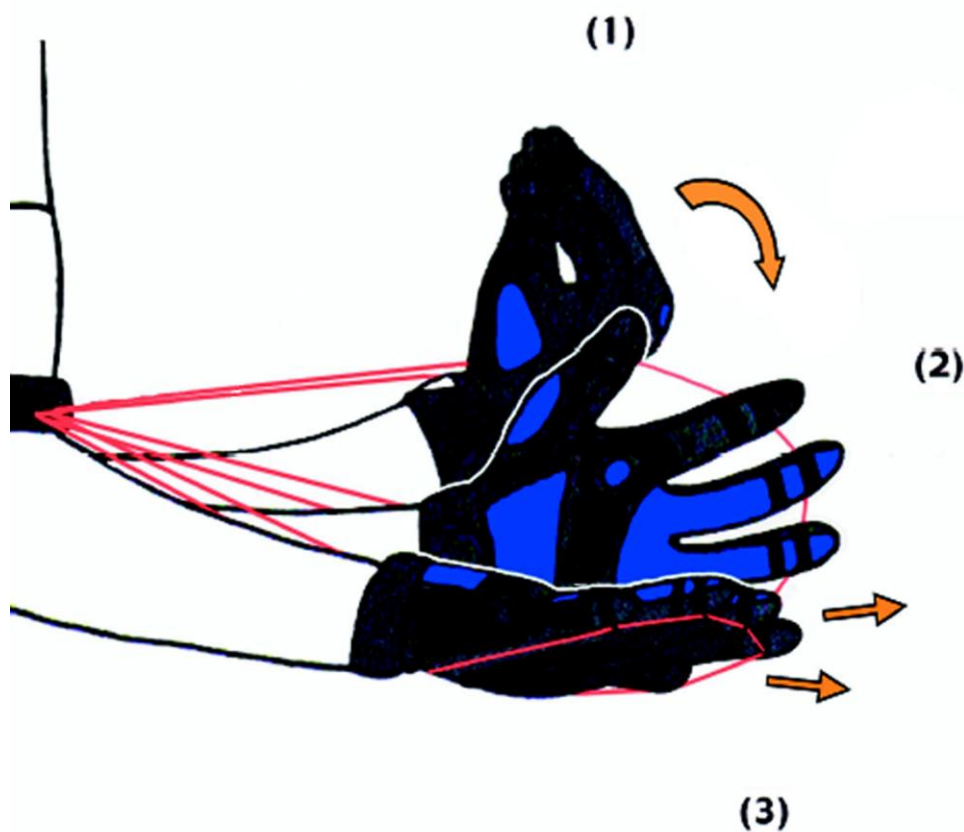
Pronation is a fluid Extension and Rotation movement, with each repetition taking approximately 1 second to complete. The hand and wrist move together in a smooth, controlled motion, with the wrist rotating during extension and return. Keep the elbow bent 90°, isolating the hand and wrist:

Note: Position the Arm Strap, turning 90° (1/4 turn) clockwise*, bringing the rings to the topside of the forearm. * **Left-Hand:** Turn 90° (1/4 turn) counter-clockwise.

Step 1: Start with the hand in the palm-up position, the fingers and wrist in flexion (making a “relaxed fist”.)

Step 2: Spread the fingers apart/opening hand, extending the fingers and wrist backward while simultaneously (staring to) rotate the wrist 180° (1/2 turn) counter-clockwise*... * **Left-Hand:** Rotate the wrist clockwise.

Step 3: ...continue rotating to the palm-down position, completely spreading and extending the fingers outward to the neutral/straight position. Return to the starting position and repeat.



Supination Isolated

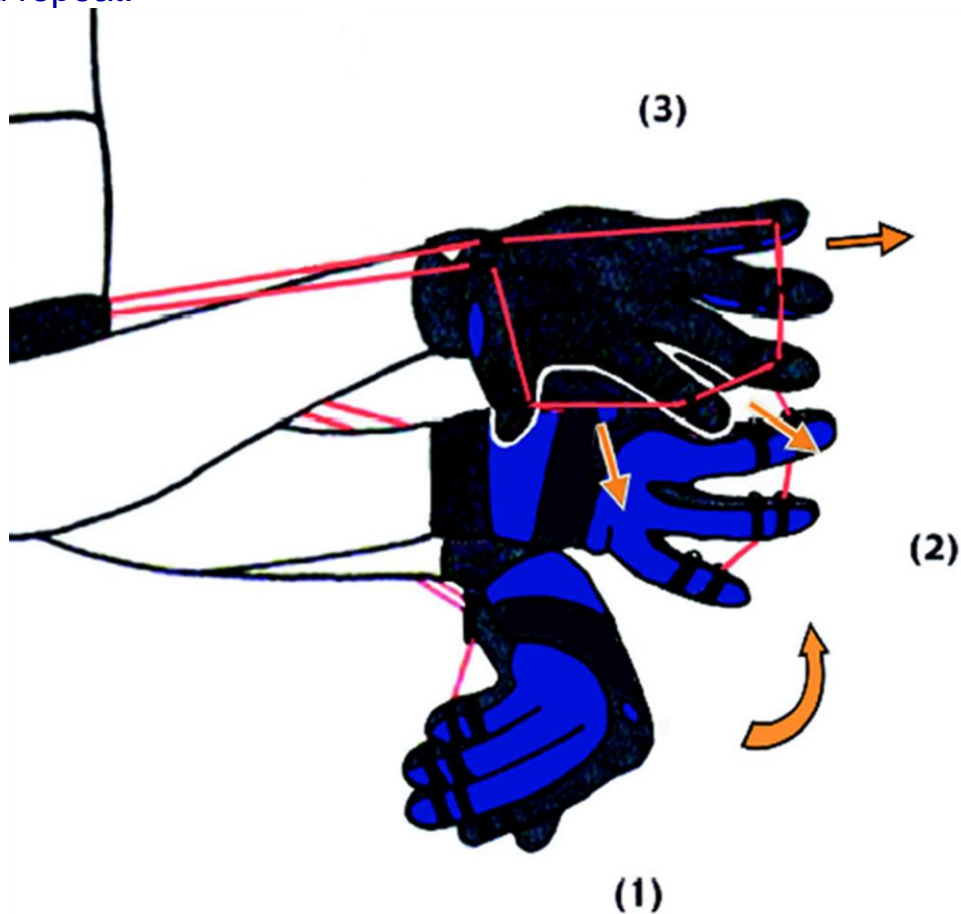
Supination is a fluid Extension and Rotation movement, with each repetition taking approximately 1 second to complete. The hand and wrist move together in a smooth, controlled motion, with the wrist rotating during extension and return. Keep the elbow bent 90°, isolating the hand and wrist:

Note: Position the Arm Strap, turning 180° (1/2 turn) counter-clockwise*, bringing the rings to the underside of the forearm. * **Left-Hand:** Turn 180° (1/2 turn) clockwise.

Step 1: Start with the hand in the palm-down position, the fingers and wrist in flexion (making a “relaxed fist”).

Step 2: Spread the fingers apart/opening hand, extending the fingers and wrist backward while simultaneously (starting to) rotate the wrist 180° (1/2 turn) clockwise*... * **Left-Hand:** Rotate the wrist counter-clockwise.

Step 3: ...continue rotating to the palm-up position, completely spreading and extending the fingers outward to the neutral/straight position. Return to the starting position and repeat.



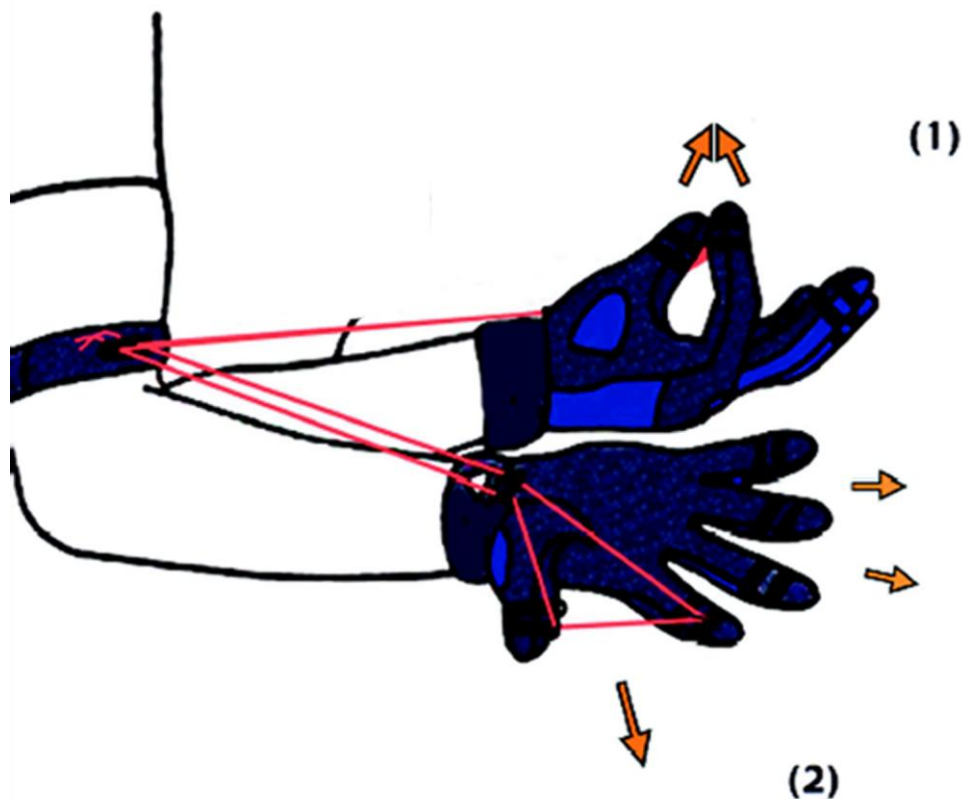
Thumb / Index Isolated

Thumb/Index Isolated is a smooth and fluid movement, with each repetition taking approximately 1 second to complete. The thumb and index finger move together in a smooth, controlled motion:

Note: Line the Resistance Band through the thumb and index rings only.

Step 1: Start with the hand facing palm-up and positioned at chest level, the fingers in flexion with the wrist “locked” in the neutral/straight position.

Step 2: Spread the thumb and index finger apart and extend backward to the neutral/straight position. Return to the starting position and repeat.



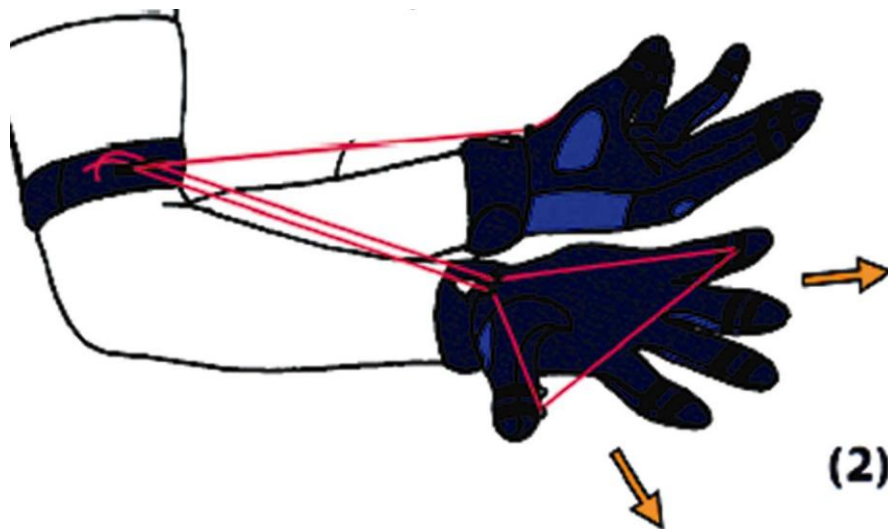
Thumb / Little Finger Isolated

Thumb/Little Finger Isolated is a smooth and fluid movement, with each repetition taking approximately 1 second to complete. The thumb and little finger move together in a smooth, controlled motion:

Note: Line the Resistance Band through the thumb and little finger rings only.

Step 1: Start with the hand facing palm-up and positioned at chest level, index, middle and ring fingers extended, the thumb and small finger in flexion with the wrist “locked” in the neutral/straight position.

Step 2: Spread the thumb and small finger apart and extend backward to the neutral/straight position. Return to the starting position and repeat.

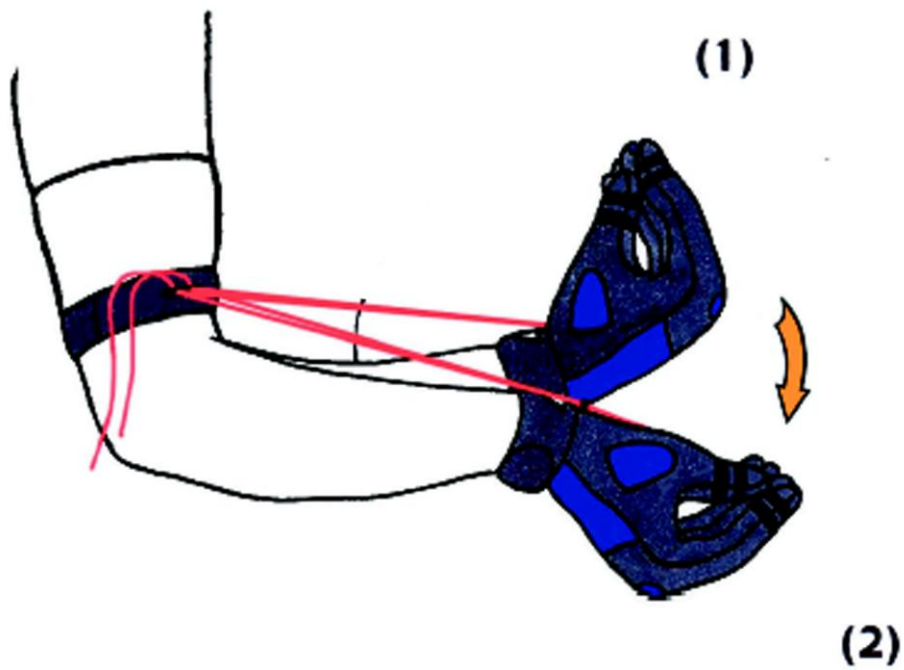


Wrist Extension Isolated

Wrist Extension is a smooth and fluid movement, with each repetition taking approximately 1 second to complete:

Step 1: Start with the hand facing palm-up and positioned at chest level, the fingers and wrist in flexion (making a “relaxed fist”.)

Step 2: Extend the wrist backward to the neutral/straight position, keeping the fingers “locked” (flexed forward) into the palm of the hand. Return to the starting position and repeat.



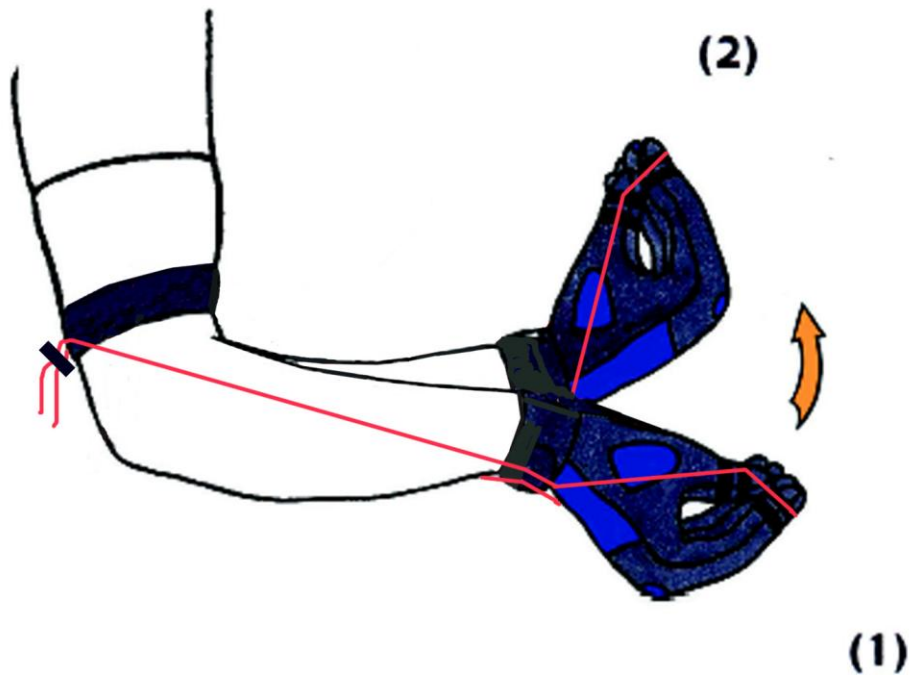
Wrist Flexion Isolated

Wrist Flexion is a smooth and fluid movement, with each repetition taking approximately 1 second to complete:

Step 1: Start with the bands running through the backside of the glove with hand facing palm-up and the fingers and wrist in extension (Bent backwards.)

Step 2: Flex the wrist forward, keeping the fingers “locked” (flexed forward) into the palm of the hand. Return to the starting position and repeat.

Step 3: This exercise may be done in the Palm-Down position as well. The arm strap will need to be rotated so that the bands run along the top of the forearm in a straight line between the glove and the arm strap.



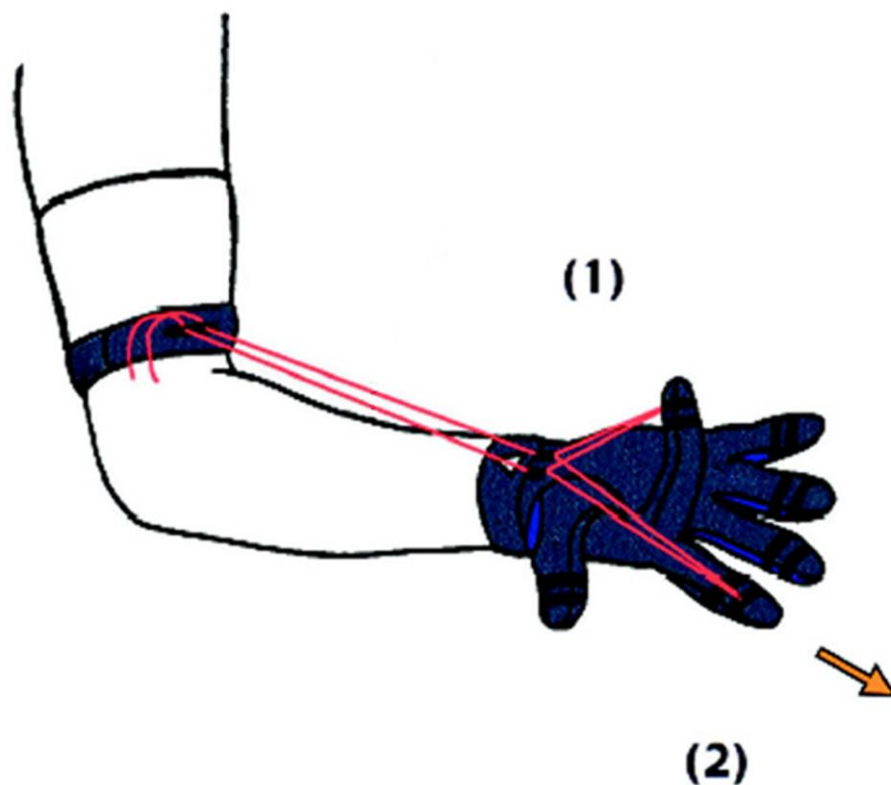
Single-Finger Extension Isolated

Single-Finger Isolated is a smooth and fluid movement, with each repetition taking approximately 1 second to complete:

Note: Line the Resistance Band through the selected finger ring on the front side of the glove. (It is best to use the TFT Kit for single-finger exercises. Using the TFT Kit makes the exercises much easier without having to disassemble the glove each time.)

Step 1: Start with the hand facing palm-up, fingers in flexion with the wrist “locked” in the neutral/straight position.

Step 2: Extend the selected finger backward to the neutral/straight position. Return to the starting position and repeat.



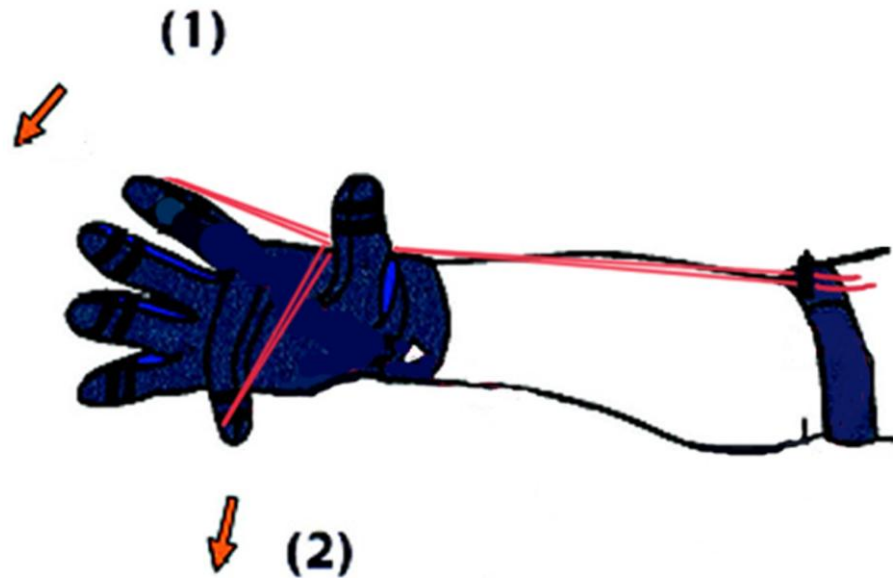
Single-Finger Flexion Isolated

Single-Finger Flexion Isolated is a smooth and fluid movement, with each repetition taking approximately 1 second to complete:

Note: Line the Resistance Band through the selected finger ring only on the backside of the glove. (It is best to use the TFT Kit for single-finger exercises. Using the TFT Kit makes the exercises much easier without having to disassemble the glove each time.)

Step 1: Start with the hand facing palm-down, fingers in flexion with the wrist “locked” in the neutral/straight position.

Step 2: Extend the selected finger forward towards the palm of the hand. Return to the starting position and repeat.

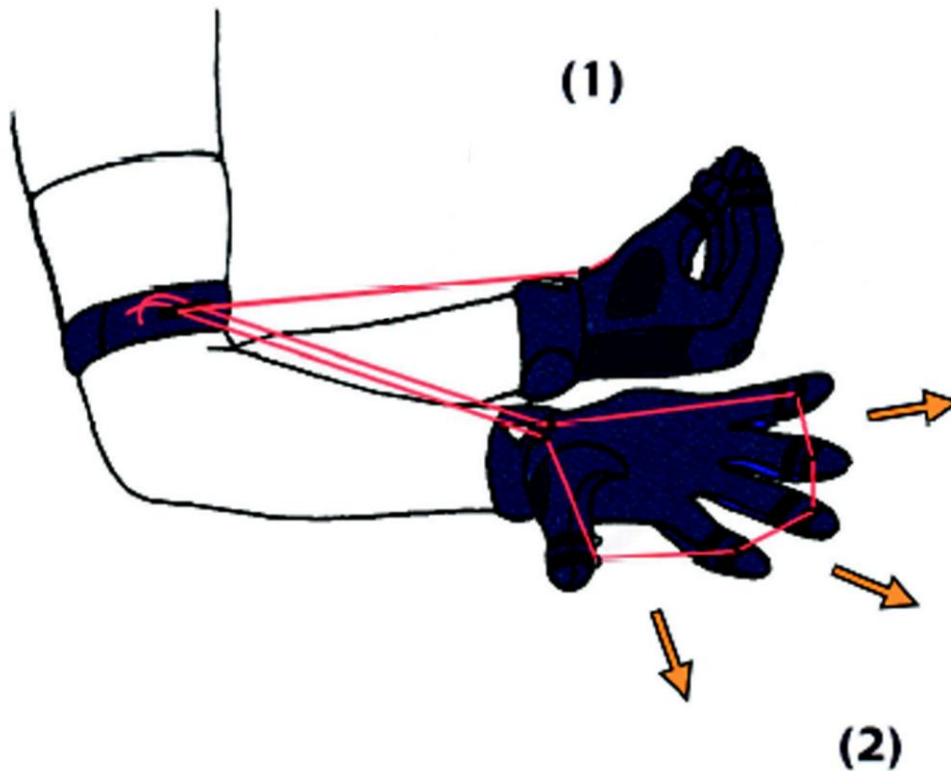


Five-Finger Extension Isolated

Five-Finger Isolated is a smooth and fluid movement, with each repetition taking approximately 1 second to complete. The fingers move together in a smooth, controlled motion:

Step 1: Start with the hand facing palm-up and positioned at chest level, fingers in flexion with the wrist “locked” in the neutral/straight position.

Step 2: Spread the fingers apart/opening hand, then completely spread/splaying the hand back to the neutral/straight position. Return to the starting position and repeat.

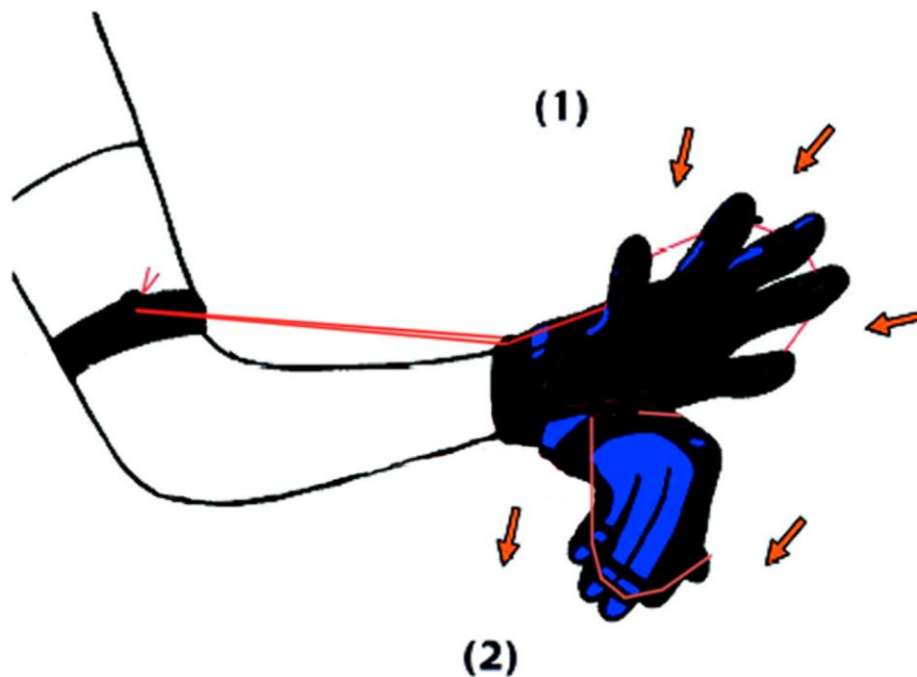


Finger and Wrist Flexion (Gripping Exercise)

Five-Finger Isolated is a smooth and fluid movement, with each repetition taking approximately 1 second to complete. The fingers move together in a smooth, controlled motion:

Step 1: Start with the hand facing palm-down, fingers in extension (hand open) with the wrist in the neutral/straight position.

Step 2: Begin closing the hand and bending the wrist and fingers forward into a closed-hand position. Return to the starting position and repeat.



Ulnar Deviation

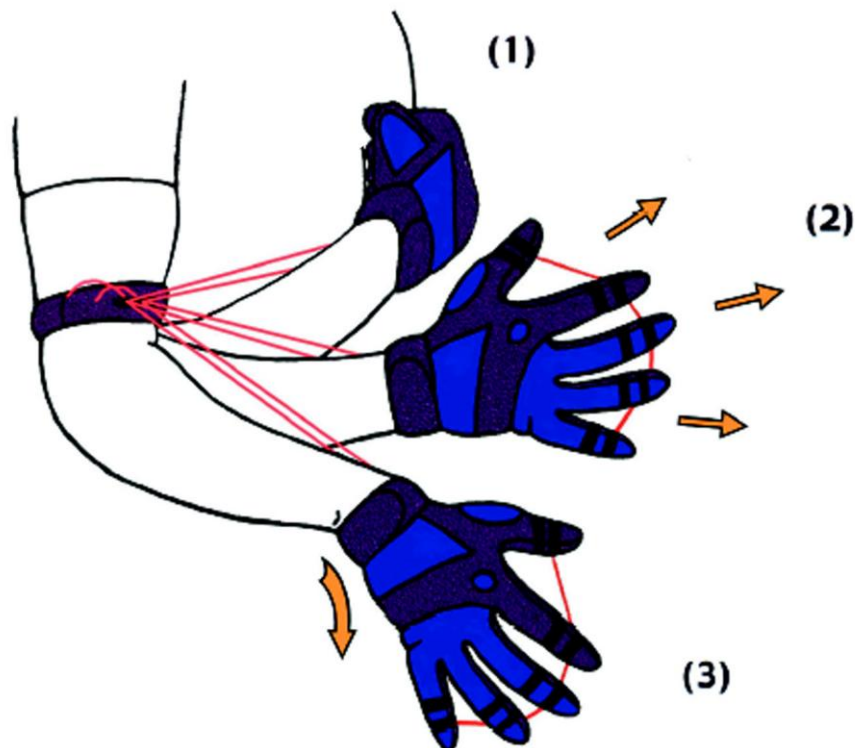
Ulnar Deviation is a fluid Extension and wrist “cocking” movement, with each repetition taking approximately 1 second to complete. The hand, wrist, and elbow all move together in a smooth, controlled motion, with the wrist rotating and “cocking” downward after the wrist has been extended to the neutral/straight position. Keep the elbow bent 90°, isolating the hand & wrist:

Note: Position the Arm Strap, turning 90° (1/4 turn) clockwise*, bringing the rings to the topside of the forearm. * **Left-Hand:** Turn 90° (1/4 turn) counter-clockwise.

Step 1: Start with the hand in the thumb-up position, fingers and wrist in flexion (making a “relaxed fist”), with the wrist curled in towards the abdomen.

Step 2: Spread the fingers apart/opening hand, extending the fingers and wrist out toward the neutral/straight position...

Step 3: ...continue extending, while simultaneously “cocking” the wrist downward with the hand still open (as if pouring water from a pitcher.) Return to the starting position and repeat.



Radial Deviation

Radial Deviation is a fluid Extension and wrist “cocking” movement, with each repetition taking approximately 1 second to complete. The hand, wrist, and elbow all move together in a smooth, controlled motion, with the wrist rotating and “cocking” upward after the wrist has been extended to the neutral/straight position. Keep the elbow bent 90°, isolating the hand & wrist:

Note: Position the Arm Strap, turning 180° (1/2 turn) counter-clockwise*, bringing the rings to the underside of the forearm. * **Left-Hand:** Turn 180° (1/2 turn) clockwise.

Step 1: Start with the hand in the thumb-up position, fingers and wrist in flexion (making a “relaxed fist”), with the wrist curled in towards the abdomen.

Step 2: Spread the fingers apart/opening hand, extending the fingers and wrist out toward the neutral/straight position...

Step 3: ...continue extending, while simultaneously “cocking” the wrist upward with the hand still open (as if tipping a glass back to drink.) Return to the starting position and repeat.

