FLEXTEND® EXERCISE REFERENCE GUIDE

Palm-Up Elbow Moving

This exercise strengthens the extensors of the finger, wrist and elbow, and finger abductors; stretches the flexors of the finger, wrist and elbow, finger adductors, and palmar fascia.
This creates equal balance and stability within the finger, wrist, and elbow joints. Palm-Up Elbow Moving is easier to perform due to the added weight and momentum of the lower arm (elbow) extending.

Palm-Up Isolated

This exercise strengthens the extensors of the finger and wrist, and finger abductors; stretches the flexors of the finger and wrist, finger adductors, and palmar fascia. This helps the balance and stability within the finger and wrist joints, helping reduce symptoms to the wrist and hand area. Palm-Up Isolated is more difficult (than PUEM) as the arm remains stationary, focusing on strengthening the finger and wrist joints without the added momentum of the lower arm (elbow) extending.

Thumb-Up Elbow Moving

This exercise strengthens the extensors of the finger, wrist, elbow, and finger abductors; stretches the flexors of the finger, wrist, elbow, and finger adductors. Thumb-Up Elbow Moving directly affects the extensors surrounding the lateral epicondyle (outside) of the elbow joint, which may assist in breaking down scar tissue caused from overuse or direct trauma.

Thumb-Up Isolated

This exercise strengthens the extensors of the finger and wrist, and finger abductors; stretches the flexors of the finger and wrist, ands finger adductors. Thumb-Up Isolated is used in place of TUEM if any pain is experienced while moving/extending the elbow. Utilize this exercise first in order to strengthen the extensors, thus eliminating pain when resuming Thumb-Up Elbow Moving.

Palm-Down Isolated

This exercise strengthens the extensors of the finger and wrist; stretches the flexors of the finger and wrist; specifically focuses on lengthening the ulnar deviators of the wrist (underside of forearm.)

Supination Isolated

This exercise strengthens the extensors of the finger and wrist, finger abductors, supinators of the wrist and forearm; directly strengthens the thenar eminence (backside of thumb and wrist); stretches the flexors of the finger and wrist, finger adductors, pronators of the wrist and forearm; directly stretches the thenar eminence (front side of thumb and wrist.)

Pronation Isolated

This exercise strengthens the extensors of the finger and wrist, finger abductors, pronators of the wrist and forearm; directly strengthens the hypothenar eminence (backside of little finger and wrist); stretches the flexors of the finger and wrist, finger adductors, supinators of the wrist and forearm; directly stretches the hypothenar eminence (front side of little finger and wrist.)

Thenar / Index Finger Isolated
This exercise strengthens the extensors/abductors of the thenar eminence (thumb) and index finger; stretches the flexors/adductors of the thenar eminence and index finger.

Thenar / Hypothenar Isolated
This exercise strengthens the extensors/abductors of the thenar and hypothenar eminence (thumb and little finger); stretches the flexors/adductors of the thenar and hypothenar eminence, and palmar fascia.

Single-Finger Isolated (Extension)
This exercise strengthens the finger extensors, stretches the (isolated finger) flexors and is used to help break down adhesions and/or scar tissue that have developed along the length of the tendon.

Single-Finger Isolated (Flexion)
This exercise strengthens the finger flexors, stretches the (isolated finger) extensors and is used to help break down adhesions and/or scar tissue that have developed along the length of the tendon.

Five-Finger Isolated
This exercise strengthens the finger extensors, stretches the finger flexors, and is used to help break down adhesions and/or scar tissue that have developed along the length of the tendons.

Wrist Extension
This exercise strengthens the wrists extensors, stretches the wrists flexors, and is used for increasing the wrist's strength and range-of-motion (ROM).

Wrist Flexion
This exercise strengthens the wrist flexors, stretches the wrists extensors, and is used for increasing the wrist's strength and range-of-motion (ROM).

Ulnar Deviation
This exercise strengthens the finger abductors, extensors of the fingers and wrist, and ulnar deviator group; stretches the finger adductors, flexors of the finger and wrist, and radial deviator group.

Radial Deviation
This exercise strengthens the finger abductors, extensors of the fingers and wrist, and radial deviator group; stretches the finger adductors, flexors of the finger and wrist, and ulnar deviator group.