

Carpal Tunnel Syndrome Exercises

Exercises: 3

1) Palm-Up Isolated

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3-sets: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

4 sets: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

6 sets: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

8 sets: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week by moving up the Band Clasp/shortening the band length.

IMPORTANT: If you experience limited progress using the Carpal Tunnel Syndrome Exercises, try using the Repetitive Strain Injury Exercises in its place. Once progress has been made, it is fine to return to the Carpal Tunnel Syndrome exercise routine or you may continue using the Repetitive Strain Injury Exercises, whichever program has the best results.

Carpal Tunnel Syndrome w/ Thumb Tendonitis Exercises

Exercises: 3 (To View Exercises, Refer to Instructional Chart or visit www.flexextend.com)

- 1) Palm-Up Isolated
- 2) Thumb-Up Isolated
- 3) Supination Isolated

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3-sets: Palm-Up Isolated

NOTE: Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

2 sets: Palm-Up Isolated

1 set: Thumb-Up Isolated

1 set: Palm-Up Isolated

NOTE: Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

2 sets: Palm-Up Isolated

2 sets: Thumb-Up Isolated

1 set: Supination Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

2 set: Palm-Up Isolated

3 sets: Thumb-Up Isolated

2 sets: Supination Isolated

1 set: Palm-Up Isolated

NOTE: Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week by moving up the Band Clasp/shortening the band length.

Carpal Tunnel Syndrome W/ Lateral Epicondylitis Exercises

Exercises: 3 (To View Exercises, Refer to Instructional Chart or visit www.flexextend.com)

- 1) **Palm-Up Isolated**
- 2) **Thumb-Up Isolated**
- 3) **Supination Isolated**

OPTIONAL: You may use Palm-Up Elbow Moving and Thumb-Up Elbow Moving during weeks 4-12 unless you experience ANY discomfort in the elbow region while performing the exercise (not including post-exercise soreness, fatigue, etc.) Revert to using Palm-Up and Thumb-Up Isolated exercises, still following the required number of sets and repetitions.

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3-sets: Palm-Up Isolated

NOTE: Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

2 sets: Palm-Up Isolated

1 set: Thumb-Up Isolated

1 set: Palm-Up Isolated

NOTE: Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

2 sets: Palm-Up Isolated* or Palm-Up Elbow Moving

2 sets: Thumb-Up Isolated* of Thumb-Up Elbow Moving

1 set: Supination Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Elbow Moving

NOTE: Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

2 set: Palm-Up Isolated* or Palm-Up Elbow Moving

3 sets: Thumb-Up Isolated* Thumb-Up Elbow Moving

2 sets: Supination Isolated

1 set: Palm-Up Isolated* or Palm-Up Elbow Moving

NOTE: Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week by moving up the Band Clasp/shortening the band length.

Carpal Tunnel w/ Guyon's Syndrome Exercises

Exercises: 5 (To View Exercises, Refer to Instructional Chart or visit www.flexextend.com)

- 1) Palm-Up Elbow Moving* or Palm-Up Isolated
- 2) Pronation Isolated
- 3) Supination Isolated
- 4) Ulnar Deviation
- 5) Radial Deviation

OPTIONAL: You may use Palm-Up Elbow Moving unless you experience ANY discomfort in the elbow region while performing the exercise (not including post-exercise soreness, fatigue, etc.) Revert to using Palm-Up Isolated, still following the required number of sets and repetitions.

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3 sets: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

1 set: Pronation Isolated

1 set: Supination Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

2 sets: Pronation / Replace with Ulnar Deviation every other day.

2 sets: Supination / Replace with Radial Deviation every other day.

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

3 sets: Pronation / Replace with Ulnar Deviation every other day.

3 sets: Supination / Replace with Radial Deviation every other day.

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week by moving up the Band Clasp/shortening the band length.

Guyons Syndrome Exercises

Exercises: 4 (To View Exercises, Refer to Instructional Chart or visit www.flexextend.com)

- 1) Palm-Up Elbow Moving* or Palm-Up Isolated
- 2) Palm-Down Isolated
- 3) Pronation Isolated
- 4) Radial Deviation

OPTIONAL: You may use Palm-Up Elbow Moving unless you experience ANY discomfort in the elbow region while performing the exercise (not including post-exercise soreness, fatigue, etc.) Revert to using Palm-Up Isolated, still following the required number of sets and repetitions.

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3 sets: Palm-Up Elbow Moving* or Palm-Up Isolated

Note: Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

1 set: Pronation

1 set: Radial Deviation

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Note: Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

1 set: Palm-Down Isolated

2 sets: Pronation

1 set: Radial Deviation

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Note: Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

2 sets: Palm-Down Isolated

2 sets: Pronation

2 sets: Radial Deviation

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Note: Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week by moving up the Band Clasp/shortening the band length.

Trigger Finger Exercises

Note that Trigger Finger may take longer to correct than other hand disorders. Be patient, yet persistent with your program, and results will come using FLEXTEND®.

Exercises: 3 (To View Exercises, Refer to Instructional Chart or visit www.flexextend.com)

- 1) **Palm-Up Isolated**
- 2) **Five-Finger Isolated**
- 3) **Single Finger Isolated**

OPTIONAL: You may use Palm-Up Elbow Moving during weeks 4-12 unless you experience ANY discomfort in the elbow region while performing the exercise (not including post-exercise soreness, fatigue, etc.) Revert to using Palm-Up Isolated, still following the required number of sets and repetitions.

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3-sets: Palm-Up Isolated

NOTE: Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Isolated

2 sets: Five-Finger Isolated

1 set: Palm-Up Isolated

NOTE: Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Elbow Moving or Palm-Up Isolated

2 sets: Five-Finger Isolated

2 sets: Single-Finger Isolated

1 set: Palm-Up Elbow Moving or Palm-Up Isolated

NOTE: Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

1 set: Palm-Up Elbow Moving or Palm-Up Isolated

3 sets: Five-Finger Isolated

3 sets: Single-Finger Isolated

1 set: Palm-Up Elbow Moving or Palm-Up Isolated

NOTE: Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week by moving up the Band Clasp/shortening the band length.

Trigger Finger w/ Trigger Thumb Exercises

Exercises: 4 (To View Exercises, Refer to Instructional Chart or visit www.flexextend.com)

- 1) **Palm-Up Isolated or Palm-Up Elbow Moving***
- 2) **Five-Finger Isolated**
- 3) **Thumb-Up Isolated**
- 4) **Single Finger Isolated**

OPTIONAL: You may use Palm-Up Elbow Moving unless you experience ANY discomfort in the elbow region while performing the exercise (not including post-exercise soreness, fatigue, etc.) Revert to using Palm-Up Isolated, still following the required number of sets and repetitions.

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3-sets: Palm-Up Isolated or Palm-Up Elbow Moving*

Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Isolated or Palm-Up Elbow Moving*

1 set: Five-Finger Isolated

1-set: Thumb-Up Isolated

1 set: Palm-Up Isolated or Palm-Up Elbow Moving*

NOTE: Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Isolated or Palm-Up Elbow Moving*

2 sets: Five-Finger Isolated

2 sets: Thumb-Up Isolated

1 set: Palm-Up Isolated or Palm-Up Elbow Moving*

NOTE: Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

1 set: Palm-Up Isolated or Palm-Up Elbow Moving*

2 sets: Five-Finger Isolated

2 set: Single-Finger Isolated (Each Affected Finger. Use TFT-KIT for this exercise.)

2 sets: Thumb-Up Isolated

1 set: Palm-Up Isolated or Palm-Up Elbow Moving*

NOTE: Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week by moving up the Band Clasp/shortening the band length.

Trigger Thumb Exercises

Exercises: 5 (To View Exercises, Refer to Instructional Chart or visit www.flexextend.com)

- 1) Palm-Up Isolated
- 2) Five-Finger Isolated
- 3) Thumb-Up Isolated
- 4) Single Finger Isolated
- 5) Supination Isolated

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3-sets: Palm-Up Isolated

Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 5 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Isolated

2 sets: Five-Finger Isolated

1-set: Thumb-Up Isolated

1 set: Palm-Up Isolated

NOTE: Perform 5 sets in the morning, and 5 sets in the afternoon or evening.

Week #4-8: 9 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Isolated

2 sets: Five-Finger Isolated

2 sets: Single-Finger Isolated (Each Affected Finger. Use TFT-KIT for this exercise.)

1-set: Supination Isolated

2 sets: Thumb-Up Isolated

1 set: Palm-Up Isolated

NOTE: Perform 9 sets in the morning and 9 sets in the afternoon or evening.

Week #9-12: 12 sets / 12-20 repetitions, 2x daily, 6 days a week

1 set: Palm-Up Isolated

2 sets: Five-Finger Isolated

3 sets: Single-Finger Isolated (Each Affected Finger. Use TFT-KIT for this exercise.)

2-sets: Supination Isolated

3 sets: Thumb-Up Isolated

1 set: Palm-Up Isolated

NOTE: Perform 12 sets in the morning, and 12 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week by moving up the Band Clasp/shortening the band length.

Repetitive Strain Injury Exercises

Exercises: 3 (To View Exercises, Refer to Instructional Chart or visit www.flexextend.com)

- 1) Palm-Up Elbow Moving* or Palm-Up Isolated
- 2) Pronation Isolated
- 3) Supination Isolated

OPTIONAL: You may use Palm-Up Elbow Moving unless you experience ANY discomfort in the elbow region while performing the exercise (not including post-exercise soreness, fatigue, etc.) Revert to using Palm-Up Isolated, still following the required number of sets and repetitions.

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3 sets: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

1 set: Pronation Isolated

1 set: Supination Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

2 sets: Pronation Isolated

2 sets: Supination Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

2 sets: Palm-Up Elbow Moving* or Palm-Up Isolated

2 sets: Pronation Isolated

3 sets: Supination Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week by moving up the Band Clasp/shortening the band length.

Grip Strength Exercises

Exercises: 4 (To View Exercises, Refer to Instructional Chart or visit www.flexextend.com)

1. **Palm-Up Elbow Moving or Palm-Up Isolated**
2. **Pronation Isolated**
3. **Supination Isolated**
4. **Palm-Down Isolated**

OPTIONAL: You may use Palm-Up Elbow Moving unless you experience ANY discomfort in the elbow region while performing the exercise (not including post-exercise soreness, fatigue, etc.) Revert to using Palm-Up Isolated, still following the required number of sets and repetitions.

WEEK #1 **5 sets / 10 repetitions** **2X Daily** **3 days wk**

- 1 set: **Palm-Up Elbow Moving or Palm-Up Isolated**
- 1 set: **Wrist and Finger Flexion**
- 1 set: **Palm-Down Isolated**
- 1 set: **Thumb-Up Isolated**
- 1 set: **Palm-Up Elbow Moving or Palm-Up Isolated**

WEEK #2-6 **5 sets / 12-20 repetitions** **2X Daily** **4-5 days wk**

* Perform 5 sets in the morning and 5 sets in the afternoon / evening*

- 2 sets: **Palm-Up Elbow Moving or Palm-Up Isolated**
- 2 sets: **Wrist and Finger Flexion**
- 2 sets: **Palm-Down Isolated**
- 2 sets: **Thumb-Up Isolated**
- 2 sets: **Palm-Up Elbow Moving or Palm-Up Isolated**

WEEK #7-12 **9 sets / 12-20 repetitions** **2X Daily** **5-6 days wk**

* Perform 6 sets in the morning and 6 sets in the afternoon / evening*

- 3 sets: **Palm-Up Elbow Moving or Palm-Up Isolated**
- 3 sets: **Wrist and Finger Flexion**
- 3 sets: **Palm-Down Isolated**
- 3 sets: **Thumb-Up Isolated**
- 3 sets: **Palm-Up Elbow Moving or Palm-Up Isolated**

Progressive Resistance: Increase exercise resistance each week by moving up the Band Clasp/shortening the band length.

Golfer's Elbow (Medial Epicondylitis) Exercises

Exercises: 4 (To View Exercises, Refer to Instructional Chart or visit www.flexextend.com)

- 1) Palm-Up Elbow Moving*
- 2) Palm-Up Isolated
- 3) Ulnar Deviation
- 4) Pronation Isolated

OPTIONAL: If you experience ANY discomfort in the elbow region while performing the Palm-Up Elbow Moving exercise during weeks 4-12, not including post-exercise soreness, fatigue, etc., perform the Palm-Up Isolated exercise in its place until the discomfort has subsided, still following the required number of sets and repetitions as outlined in the program.

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3-sets: Palm-Up Isolated

Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Isolated

1 set: Ulnar Deviation

1 set: Pronation Isolated

1 set: Palm-Up Isolated

Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

2 sets: Ulnar Deviation

2 sets: Pronation Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

3 sets: Ulnar Deviation

3 sets: Pronation Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week by moving up the Band Clasp/shortening the band length

IMPORTANT: If you experience limited progress using Medial Elbow, try using the Cubital Tunnel exercise program. Once progress has been made, it is fine to return to the Golfer's Elbow exercise routine or you may continue using the Cubital Tunnel exercise program, whichever program has the best results.

Tennis Elbow (Lateral Epicondylitis) Exercises

Exercises: 6 (To View Exercises, Refer to Instructional Chart or visit www.flexextend.com)

- 1) Palm-Up Elbow Moving*
- 2) Palm-Up Isolated
- 3) Palm-Down Isolated
- 4) Thumb-Up Elbow Moving*
- 5) Thumb-Up Isolated
- 6) Supination Isolated

OPTIONAL: You may use Palm-Up Elbow Moving and Thumb-Up Elbow Moving during weeks 4-12 unless you experience ANY discomfort in the elbow region while performing the exercise (not including post-exercise soreness, fatigue, etc.) Revert to using Palm-Up and Thumb-Up Isolated exercises, still following the required number of sets and repetitions.

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3-sets: Palm-Up Isolated

Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Isolated

1 set: Thumb-Up Isolated

1 set: Supination Isolated

1 set: Palm-Up Isolated

Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

1 set: Palm-Down Isolated

1 set: Thumb-Up Elbow Moving* or Thumb-Up Isolated

2 sets: Supination Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

2 sets: Palm-Down Isolated

2 sets: Thumb-Up Elbow Moving* or Thumb-Up Isolated

2 sets: Supination Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week by moving up the Band Clasp/shortening the band length

DeQuervain's Syndrome Exercises

Exercises: 4 (To View Exercises, Refer to Instructional Chart or visit www.flexextend.com)

- 1) Palm-Up Elbow Moving* or Palm-Up Isolated
- 2) Thumb-Up Elbow Moving* or Thumb-Up Isolated
- 3) Ulnar Deviation
- 4) Supination Isolated

OPTIONAL: You may use Palm-Up Elbow Moving or Thumb-Up Elbow Moving exercises unless you experience ANY discomfort in the elbow region while performing the exercise (not including post-exercise soreness, fatigue, etc.) If discomfort is felt, revert to using the Palm-Up Isolated and Thumb-Up Isolated exercises, still following the required number of sets and repetitions.

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3 sets: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

1 set: Thumb-Up Elbow Moving* or Thumb-Up Isolated

1 set: Supination Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

1 set: Thumb-Up Elbow Moving* or Thumb-Up Isolated

1 set: Ulnar Deviation

2 sets: Supination Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

2 sets: Thumb-Up Elbow Moving* or Thumb-Up Isolated

1 set: Ulnar Deviation

3 sets: Supination Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week by moving up the Band Clasp/shortening the band length

Cubital Tunnel Syndrome Exercises

Exercises: 5 (To View Exercises, Refer to Instructional Chart or visit www.flexend.com)

- 1) Palm-Up Elbow Moving* or Palm-Up Isolated
- 2) Palm-Down Isolated
- 3) Radial Deviation
- 4) Supination Isolated
- 5) Thumb-Up Elbow Moving* or Thumb-Up Isolated

OPTIONAL: If ANY discomfort in the elbow region occurs while performing the Palm-Up and Thumb-Up Elbow Moving exercises (not including post-exercise soreness, fatigue, etc.) replace with Palm-Up and Thumb-Up Isolated exercises, still following the required number of sets and repetitions.

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3 sets: Palm-Up Isolated

NOTE: Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Isolated

1 set: Supination Isolated

1 set: Thumb-Up Isolated

1 set: Palm-Up Isolated

NOTE: Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

1 set: Palm-Down Isolated

1 set: Radial Deviation

1 set: Supination Isolated

1 set: Thumb-Up Elbow Moving* or Thumb-Up Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

1 set: Palm-Down Isolation

1 sets: Radial Deviation

2 sets: Supination Isolated

2 sets: Thumb-Up Elbow Moving* or Thumb-Up Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week by moving up the Band Clasp/shortening the band length

Dupuytren's Contracture Exercises

Note that Dupuytren's Contracture may take longer to correct than other hand disorders. Be patient, yet persistent with your program, and results will come using FLEXTEND®.

Exercises: 3 (To View Exercises, Refer to Instructional Chart or visit www.flexextend.com)

- 1) **Palm-Up Isolated or Palm-Up Elbow Moving**
- 2) **Five-Finger Isolated**
- 3) **Five Finger Extension (Extend Fingers Only, do not spread apart)**

OPTIONAL: You may use Palm-Up Elbow Moving unless you experience ANY discomfort in the elbow region while performing the exercise (not including post-exercise soreness, fatigue, etc.) Revert to using Palm-Up Isolated, still following the required number of sets and repetitions.

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3-sets: Palm-Up Isolated or Palm-Up Elbow Moving

Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Isolated or Palm-Up Elbow Moving

2 sets: Five-Finger Isolated

1 set: Palm-Up Isolated or Palm-Up Elbow Moving

NOTE: Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Isolated or Palm-Up Elbow Moving

2 sets: Five-Finger Isolated

1 set: Five-Finger Extension

2 sets: Palm-Up Isolated or Palm-Up Elbow Moving

NOTE: Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

1 set: Palm-Up Isolated or Palm-Up Elbow Moving

3 sets: Five-Finger Isolated

2 sets: Five-Finger Extension

2 sets: Palm-Up Isolated or Palm-Up Elbow Moving

NOTE: Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week by moving up the Band Clasp/shortening the band length

Radial Tunnel Exercises

Exercises: 4 (To View Exercises, Refer to Instructional Chart or visit www.flexextend.com)

- 1) Palm-Up Elbow Moving*
- 2) Palm-Up Isolated
- 3) Palm-Down Isolated
- 4) Pronation Isolated

** If you experience ANY discomfort in the elbow region while performing the Palm-Up Elbow Moving exercise during weeks 4-12, not including post-exercise soreness, fatigue, etc., perform the Palm-Up Isolated exercise in its place until the discomfort has subsided, still following the required number of sets and repetitions as outlined in the program.*

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3-sets: Palm-Up Isolated

Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Isolated

1 set: Palm-Down Isolated

1 set: Pronation Isolated

1 set: Palm-Up Isolated

Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

2 sets: Palm-Down Isolated

2 sets: Pronation Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

3 sets: Palm-Down Isolated

3 sets: Pronation Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week by moving up the Band Clasp/shortening the band length