

Test: Range-of-Motion (ROM) Measuring Hand Span

HAND SPAN: Tip of Thumb to Tip of Little Finger

12-WEEK Corporate Program 34 Employees

NOTE: Increases in ROM were dependent upon how diligent the test subject was in performing the FLEXTEND® exercise routine / program. Weekly notes were gathered from each subject with regard to how consistent they were on a weekly basis.

26 of 29 Individuals (89.655%) that received ROM testing showed improved Hand Span.

NOTE: Hand Span increases show that the tissues located on the anterior surface of the hand, surrounding the Carpal Tunnel, are lengthening and expanding, therefore increasing the range of motion between the little finger and thumb; reducing pressure on the anterior portion of the hand/wrist/palm.

Employee #	Span Left Hand (+/-) Centimeters	Span Right Hand (+/-) Centimeters	TOTAL +/- Hand Span - Centimeters
2		RH	+0.6
3	LH		+0.5
4		RH	+0.6
5		RH	+0.85
6		RH	+0.25
7		RH	+0.35
8	LH		NS
9		RH	+0.5
10		RH	+0.3
11		RH	+1.3
12		RH	NS
13		RH	+1.3
14		RH	NS
15		RH	+0.7
16		RH	NS
17		RH	+0.7
18		RH	+0.4
19		RH	+1.6
20	LH		+0.4
21		RH	+0.5
22		RH	+0.7
23		RH	-0.3
24		RH	+0.7
25		RH	+0.3
26		RH	0
27	LH		+0.9
28		RH	+2.6
29		RH	+0.6
30	LH		+0.4
31		RH	+0.5
32		RH	NS
33		RH	+0.7
34		RH	-2.2
35		RH	+0.8

No Show (NS): Employee was not present at time of testing.