

Test: Range-of-Motion (ROM) in Wrist Extension

12-WEEK Corporate Program – 34 Employees

WRIST: EXTENSION

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.

IMPORTANT: Blank columns below indicate that subject did not show up for testing.

30 of 34 Individuals (88.235%) that received ROM testing showed improved Extension of the Wrist.

WRIST EXT.

Employee #	Left Hand Wrist Extension	Right Hand Wrist Extension	Extension-ROM (+/-) Degrees
2		RH	+11
3	LH		+10
4		RH	+8
5		RH	+16
6		RH	+3
7		RH	+14
8	LH		- 1.5
9		RH	+12
10		RH	+12
11		RH	+30
12		RH	+10
13		RH	+18
14		RH	- 2
15		RH	+10
16		RH	+10
17		RH	+10
18		RH	+16
19		RH	+8
20	LH		+2
21		RH	+4
22		RH	+18
23		RH	+18
24		RH	+12
25		RH	+23
26		RH	+18
27	LH		+15
28		RH	+18
29		RH	- 6
30	LH		+12
31		RH	+9
32		RH	+26
33		RH	+10
34		RH	- 5
35		RH	+16

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