Arm Strong is a self-therapy device that can expand and lengthen the tissue in the anterior and posterior compartments of the forearm. Anterior describes the inside or bottom of the forearm and posterior describes the top of the forearm. These compartments are comprised of fascia, muscles, nerves and arteries. Expanding the fascia and stretching the muscles in these compartments will allow for freer and less restrictive movement, which almost always results in greater grip strength. 4Arm Strong also functions as the most effective treatment for tennis and golfer’s elbow.

Not only can 4Arm Strong users generate more grip strength and relieve elbow pain, they will also increase grip and forearm endurance. When certain athletes and professionals move their wrist in repetitive motion, or push and pull an object, they can experience tightness in the forearm and loose grip strength. Most people understand this as arm pump.

It is important to understand that arm pump isn’t a blood flow issue; it is a blood containment issue.

Many different activities can cause arm pump. Twisting a throttle and pulling a clutch (Motorcycle sports,) climbing a rock formation (rock climbers,) using a tool or surgical device (surgeons, dentists, carpenters mechanics,) pulling a hose (firemen,) controlling an opponent (MMA, BJJ, wrestling, grappling,) as well as pulling and pushing weights (Olympic weight lifting.)

The energy required to perform these tasks attracts blood to the muscles in these compartments. When these muscles fill with blood, the fascia surrounding the muscles can restrict the temporary growth, causing a weaker grip.

Any time we use energy to exercise and move something in a repetitive motion, the muscles required to complete the movement will attract blood. That is why our legs feel bigger after we go on a run or a bike ride, or while our chest gets larger from doing the bench press.

Fascia is a very stiff and constricting tissue. 4Arm Strong allows anyone to stretch and expand the fascia, allowing for blood to be increased in these muscles with less restriction. 4Arm Strong also effectively stretches the forearm muscles, which reduces their thickness, which will also decrease pressure.

Using 4Arm Strong will also allow a baseball pitcher or other overhead athlete to throw or serve with more velocity while decreasing the risk of an elbow or forearm flexor bundle injury.

For golfers, 4Arm Strong allows the forearms to pronate and supinate more freely which creates better biomechanics throughout the swing and reduces the risk of golfer’s elbow.
INSTRUCTIONS FOR USE

It is recommended that you go to www.4arm-strong.com to view the instructional video.

1. Slide on 4Arm Strong with knob angle away from elbow. Tension contact should be contacting the skin over the forearm flexor bundle muscles on the exact side of the forearm. Tighten the strap so the cuff is snug around your forearm. The red arrows on the contact should be pointing horizontally on the forearm (Figure A).

2. Bend arm up and relax wrist so your arm and hand are flexed to a 90 degree angle. This puts the flexor muscles in the shortest position possible. The forearm muscles should be relaxed.

3. With your flexor muscles loose, relaxed and shortened, turn the tension knob 3 to 4 turns to tension the contact point against the muscles.

4. Completely straighten the arm, but keep the wrist flexed (4a). Once the arm is completely straight, extend the wrist by taking your other hand pulling backwards (into full extension, 4b.) When you fully extend the wrist, you will feel the forearm muscles pass by the tensioned contact. Hold the stretch for 15 to 20 seconds. Bend your arm again, do this movement one more time and hold for another 15 to 20 seconds. You can test doing a third repetition, however start with two for a couple weeks to see if that provides the result needed.

5. You should feel a good amount of pressure, however if it is too uncomfortable or if you feel a burning sensation, loosen the knob 1⁄2 turn until the movement is tolerable. If you don’t feel a good amount of pressure, tighten the knob. You will know when it is right.

6. Loosen the contact and strap completely and slide cuff up the arm toward the wrist approximately 1⁄2 inch and up towards the middle of the forearm 1⁄2 inch and repeat. Then loosen the contact completely once again and slide the cuff back to the side of the forearm and up another 1⁄2 inch toward the wrist and repeat. The total amount of stretches will be 2 to 3 stretches in 3 different spots. You can also test more than 3 spots in this format. When you remove the 4Arm Strong you should see an impression pattern similar to (Figure B) on your forearm.

7. To stretch the top of the forearm, loosen contact and strap and rotate over the top of the forearm extensor muscles. These muscles begin close to the elbow and run straight down the top of the forearm. Start on the most prominent muscle on the top of the forearm.

8. With the forearm slightly bent and the wrist totally extended (hand pointing up) turn tension knob 2 turns or until you feel the same type of pressure as you did on the flexor side.

9. Straighten your arm and completely flex your wrist, holding the stretch for 15 to 20 seconds. Repeat one time.

10. Loosen contact and strap and slide the cuff down the muscle toward the wrist 1⁄2 inch and repeat.

For best results do steps 1-10. For tennis elbow, refer to the instructional video on the web site. Try applying Vaseline to the contact. When using for golfers elbow, use as described in steps 1-6. Begin by using the 4Arm Strong before exercise, every other day, with no more than 4 days in a week. Effectiveness has been realized by using 4Arm Strong as little as one time per week and as much as four times per week.