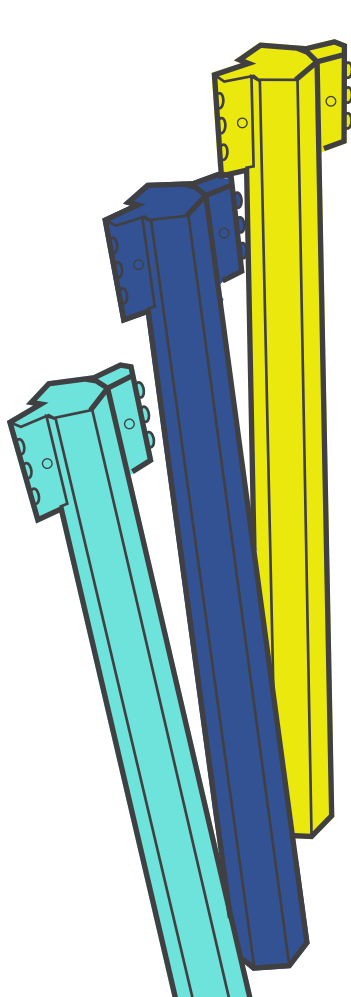




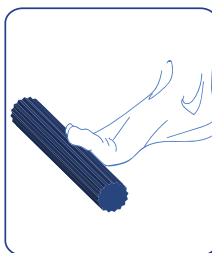
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EXERCISES FOR THE ENTIRE BODY

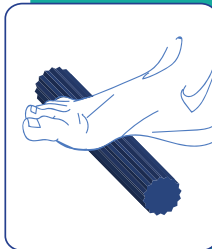


Big Toe Stretch



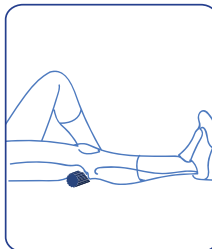
Seated towards the edge of a chair, place the bar on the floor with the underside of big toe on bar and rest of foot on ground. Apply pressure with foot to the ArmBar to stretch the bottom of foot and toe. Hold the stretch 30-40 seconds and repeat.

Foot Plantar Massage

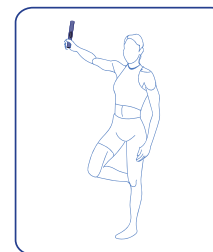


Seated toward the edge of a chair, place the ArmBar on the floor and the middle of bare foot to be placed directly on top of ArmBar. Gently roll the ArmBar underneath foot (plantar fascia), controlling the depth of tissue release through controlling the amount of pressure place on bar. Massage for 3-5 minutes.

Terminal Knee Extension

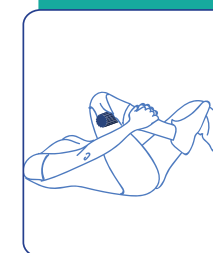


Lying on your back with non-exercising knee bent and foot flat, place the middle of the ArmBar on the mat and place exercising knee directly on top of Arm bar. Extend exercising knee until it is straight, keeping the back of knee in contact with the armbar at all times. Hold 3-5 seconds.



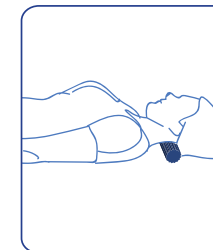
Single Leg Stance Oscillation

Stand with feet shoulder-width apart, arms alongside body, with chest lifted and open. Back and trunk remain straight with abdominal muscles contracted. Plant foot on stable surface. Grasp the end of the ArmBar and lift up and out to the side of body. Oscillate ArmBar while balancing for 20-30 seconds. Rest and repeat.



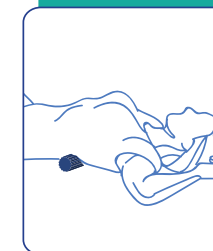
Knee Flexion

Stand with feet shoulder-width apart, arms alongside body. Back and trunk remain straight with belly button in tight. With one hand grasp the end of ArmBar and lift that same arm up in front of body into flexion. Hand grip is at the base of the ArmBar and arm is raised to just below shoulder height. Oscillate ArmBar for 20-30 seconds. Rest and repeat.



Suboccipital Release

Place the ArmBar horizontal underneath the top of the neck. Place ArmBar along the soft tissue below the base of the skull. Head and neck remain neutral, in alignment with the rest of the spine. Deep stomach inhalations followed by full exhalations. On each exhalation, progressively allow neck to relax onto the ArmBar to release the neck muscles.



Thoracic Mobilization

Place the ArmBar horizontal underneath the upper back/shoulder blades. Begin breath work, deep stomach inhalations followed by full exhalations. On each exhalation, progressively allow upper body to relax over the ArmBar to mobilize the thoracic spine and open up the chest. 5-10 breaths. Relax and hold no longer than 5 minutes total.

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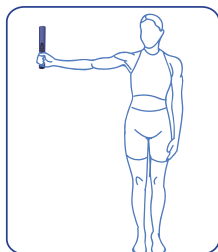
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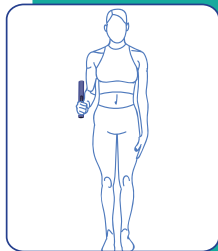
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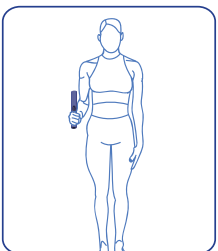
Shoulder Oscillation Abduction

Stand with feet shoulder-width apart, arms alongside body, with chest lifted and open. Back and trunk remain straight with belly button in tight. With one hand grasp the end of ArmBar and lift the same arm up to the side of body. Grip Base of ArmBar and raise arm to just below shoulder height. Oscillate ArmBar for 20-30 seconds. Rest and Repeat.



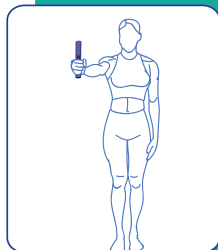
Shoulder Oscillation External Rotation

Stand with feet shoulder-width apart, arms alongside body. Back and trunk remain straight with belly button in tight. With one hand grasp the end of the ArmBar and bend that same elbow 90° rotate forearm out away from the midline. Hold position and perform ArmBar oscillations. Oscillate for 20-30 seconds. Rest and repeat.



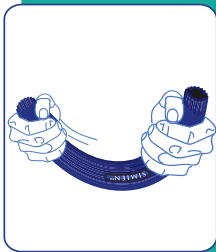
Shoulder Oscillation

Stand with feet shoulder-width apart, arms alongside body, with chest lifted and open. Back and trunk remain straight with abdominal muscles contracted. Plant foot on stable surface. Grasp the end of the ArmBar and lift up and out to the side of body. Oscillate ArmBar while balancing for 20-30 seconds. Rest and repeat.



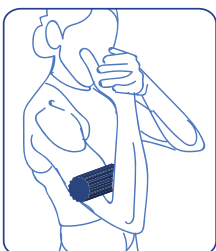
Shoulder Oscillation Flexion

Stand with feet shoulder-width apart, arms alongside body. Back and trunk remain straight with belly button in tight. With one hand grasp the end of ArmBar and lift that same arm up in front of body into flexion. Hand grip is at the base of the ArmBar and arm is raised to just below shoulder height. Oscillate ArmBar for 20-30 seconds. Rest and repeat.



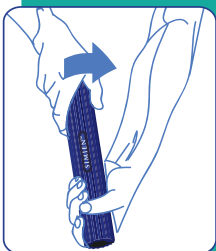
Shoulder Abduction

Standing or seated in a good posture grasp both ends of the ArmBar with palms facing up and elbows bent at 90° angles. Keep wrists neutral, squeeze Armbar lifting both elbows up and out to the side. This works shoulder abduction hold 2-3 sec. slowly return to starting position.



Elbow Flex

Place the middle of ArmBar on inside of the arm, just above elbow joint, bending involved elbow as much as possible. Utilizing the opposite arm and hand, gently apply pressure to the hand of the involved elbow to mobilize into flexion. Vary the mobilization by gently changing the pressure.



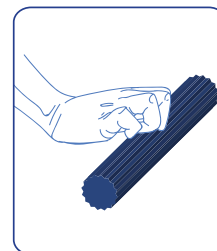
Supination Inline

Grasp ArmBar with both hands in front of body, hand closest to body (exercising hand) is palm down and hand furthest is palm up. Both hands squeeze ArmBar to hold a tight grip. With exercising hand slowly rotate against ArmBar resistance, working to rotate palm up toward the ceiling. Other fist stabilizes against motion. Hold 2-3 seconds.



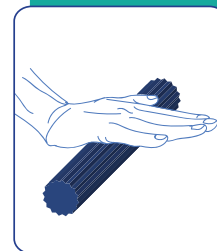
Forearm Release

Place the ArmBar on a table with nails of fingers to be flexed on top of the bar. Apply gentle pressure through pressing palm toward table to gently flex fingers into curled position. Hold 10-15 seconds. Vary the pressure by gently changing the contact point of fingers on ArmBar. Release and repeat.



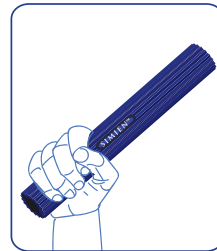
Hand/ Finger Flexes

Place the ArmBar on a table with nails of fingers to be flexed on top of the bar. Apply gentle pressure through pressing palm toward table to gently flex fingers into curled position. Hold 10-15 seconds. Vary the pressure by gently changing the contact point of fingers on ArmBar. Release and repeat.



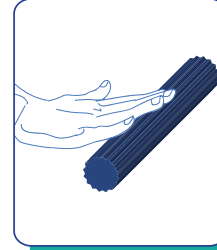
Hand Massage

Place the ArmBar on a table with the palm of hand to be massaged on top. Apply pressure through arm and upper body to slowly roll palm and fingers. Make sure to roll the base of palm through to tips of fingers. Roll for 3-5 Minutes.



Hand Oscillation

Grasp ArmBar with hand of side to be exercised. Holding a natural grip, keep wrist in neutral position and oscillate the ArmBar. Work oscillations in an anterior-posterior direction and in a lateral direction. Hold each oscillation approximately 15-30 seconds. Repeat.



Hand/Finger Extension

Place the ArmBar on a table with tips of fingers of hand to be stretched on top of Bar. Apply pressure by pressing palm towards table and stretch hands and fingers. Vary the release by gently changing the proximity of the ArmBar, rolling it in slightly closer toward or away from wrist. Hold each stretch 30-40 seconds. Repeat.



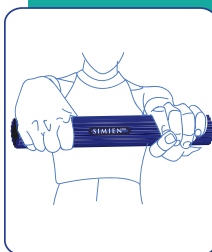
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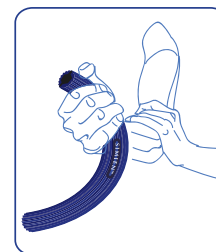
Thumb Flexion

Grasp ArmBar with hand of thumb to be exercised. Four fingers curl around ArmBar with thumb out resting along ArmBar, in line with it. Slowly push with whole thumb in toward fingers. Thumb pad remains on ArmBar. Hold 2-3 sec. Slowly return to starting position. Repeat.



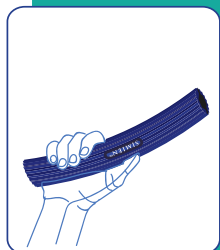
Wrist Flexion Grip Bilateral

Grasp ArmBar with both hands, palms down, and elbows straight, arms below the horizontal. Both hands squeeze ArmBar to hold a tight grip. With hand of wrist to be exercised, push against ArmBar to curl palm down and in towards body. Other fist stabilizes against the motion. Hold 2-3 sec.



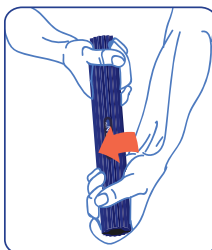
Wrist and Forearm Muscles

Grasp one end of ArmBar with hand. Place bent elbow on a table, with other end of ArmBar resting on the table, out toward the pinkie side of the hand. Wrist to be exercised in neutral position with an overhand grip palm down. Other hand placed on bent elbow for stabilization. Slowly pull up against ArmBar. Hold 2-3 seconds.



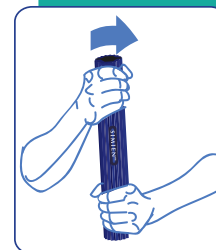
Thumb Abduction

Grasp ArmBar with hand of thumb to be exercised. All five fingers curl around ArmBar so that outside of bent thumb is resting against ArmBar. Slowly push out away from fingers with outside of thumb. Hold 2-3 seconds. Slowly return to starting position. Repeat.



Wrist Pronation Inline

Grasp Arm Bar with both hands palm up in front of body. Elbow exercising hand is fully bent with other elbow fully extended. both hands squeeze ArmBar to hold a tight grip. Rotate exercising hand against Armbar resistance, working to rotate palm down toward the floor. Hold 2-3 sec.



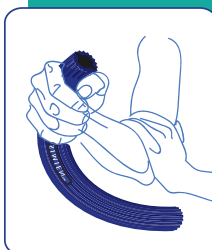
Wrist Extension Inline

Grasp ArmBar with both hands, elbows bent in front of body, palms facing trunk. Both hands squeeze ArmBar to hold a tight grip. With hand of wrist to be exercised (top one in picture), push against ArmBar to extend knuckles towards elbow. Other fist stabilizes against the motion. Hold 2-3 seconds. Slowly return to starting position.



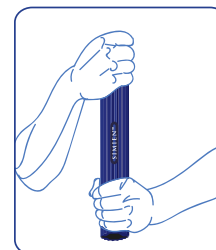
Thumb Stretch

Place the ArmBar on a table with palm and fingers of thumb to be exercised next to the end of the ArmBar. Thumb is out to side (away from pinkie) and propped up on ArmBar. Apply gentle pressure through pressing inside (thumb part) of palm down toward the table. This mobilizes and stretches the thumb. Hold each stretch 30-40 seconds. repeat.



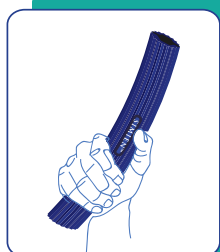
Wrist Radial Deviation

Grasp one end of Armbar with hand of wrist to be exercised. Place that same bent elbow on a table, with other end of Armbar resting on table just in front of elbow. Wrist to be exercised is in neutral position and non-exercising hand is placed on bent elbow for stabilization. Slowly pull up against the resistance of the Armbar to bend hand up towards shoulder.



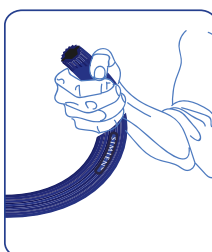
Wrist Flexion Inline

Grasp ArmBar with both hands, elbows bent in front of body, palms facing trunk. Both hands squeeze ArmBar to hold a tight grip. With hand of wrist to be exercised, push against ArmBar to curl palm in towards elbow. Other fist stabilizes against motion. Hold 2-3 seconds. Slowly return to starting position. Repeat.



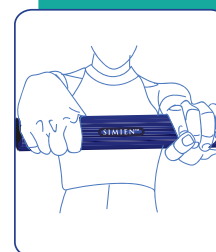
Thumb Adduction

Grasp ArmBar with hand of thumb to be exercised. Four fingers curl around ArmBar with inside of bent thumb resting against ArmBar. Slowly push in towards fingers with the inside of thumb. Thumb pad is not on ArmBar. Slowly return to starting position. Repeat.



Wrist Ulnar Deviation

Grasp one end of Armbar with hand of wrist to be exercised. Place that same bent elbow on table. End of Armbar is resting on table one foot away from elbow. Wrist to be exercised is in neutral position and non-exercising hand is placed on bent elbow for stabilization. Slowly push against Armbar to bend hand down towards table. Hold for 2-3 seconds.



Wrist Flexion Grip Bilateral

Grasp ArmBar with both hands, palms down and elbows straight, arms just below the horizontal. Both hands squeeze ArmBar to hold a tight grip. With hand of wrist to be exercised, push against ArmBar to curl palm down and in towards body. Other fist stabilizes against motion. Hold 2-3 seconds. Slowly return to starting position. Repeat.