

GAIAM RESTORE™

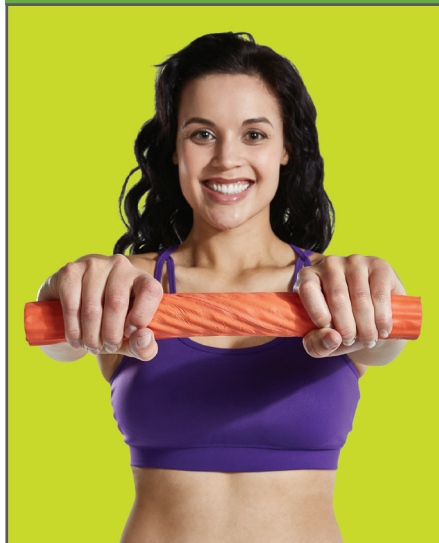
HAND & ARM THERAPY BAR EXERCISE GUIDE

WRIST PRONATION



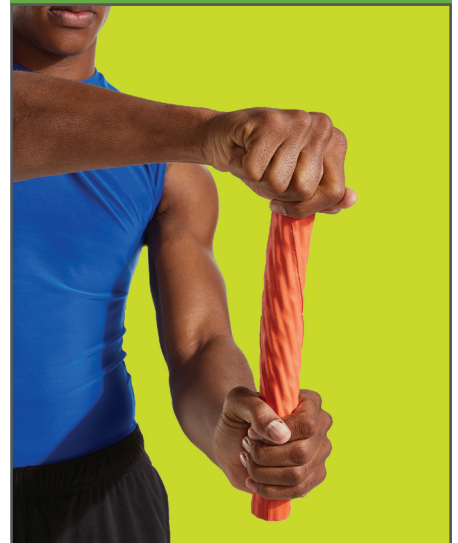
Stabilize with one hand while rotating palm downward.

WRIST FLEXION/EXTENSION



Stabilize with one hand while rolling bar upward (extension) or downward (flexion).

GRIP STRENGTHENING



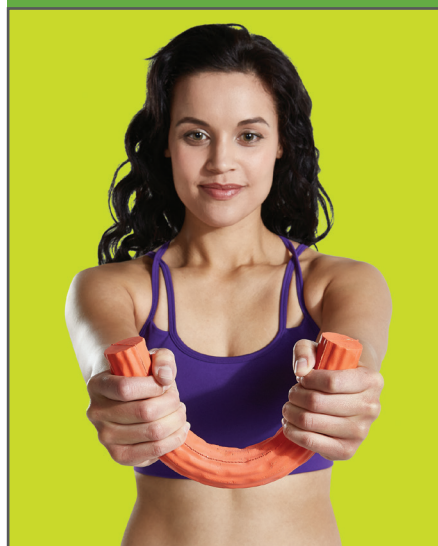
Grasp bar and twist.

ELBOW FLEXION MOBILIZATION



Place bar on elbow and bend elbow.
Apply overpressure.

JOINT FLEXION MOBILIZATION



Grip with both hands. Move elbows upward to ceiling.

Any exercise program comes with inherent risks. Consult your health care professional before beginning this or any exercise program.

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