

Carpal Tunnel Syndrome Exercises

IMPORTANT: Before using FLEXTEND®, read all information and watch the exercise videos at: <http://flectend.com/flectendrestoreexercises.html>

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3-sets: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

4 sets: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

6 sets: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

8 sets: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week, as you are able, in order to continue performing 12-20 repetitions per set. Do this by: A) Moving up the Band Clasp and shortening the band length if using the arm-strap. B) Pulling on the resistance band(s) harder if you are NOT using the arm-strap. C) Changing the fulcrum points / ring levels as described in the following YouTube video at <http://youtu.be/gvPrTx2M9ml> or D) Adding additional resistance / exercise bands to either Ring Levels-I, II or both.

IMPORTANT: If by Week #3 of this exercise program, you are experiencing limited progress, begin using the Repetitive Strain Injury Exercises program in its place, transitioning to Week #3 of the new program and starting there. Once progress is being achieved, it is fine to return to the Carpal Tunnel Syndrome exercise routine or you may continue using the Repetitive Strain Injury Exercises, whichever program provides the best results. NOTE: Most users (95%) of the Carpal Tunnel Exercises program do not have to change routines and achieve success with this one, basic exercise.

Cubital Tunnel Syndrome Exercises

IMPORTANT: Before using FLEXTEND®, read all information and watch the exercise videos at: <http://flectend.com/flectendrestorexercises.html>

OPTIONAL: If ANY discomfort in the elbow region occurs while performing the Palm-Up and Thumb-Up Elbow Moving exercises (not including post-exercise soreness, fatigue, etc.) replace with Palm-Up and Thumb-Up Isolated exercises, still following the required number of sets and repetitions.

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3 sets: Palm-Up Isolated

NOTE: Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Isolated

1 set: Supination Isolated

1 set: Thumb-Up Isolated

1 set: Palm-Up Isolated

NOTE: Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

1 set: Palm-Down Isolated

1 set: Radial Deviation

1 set: Supination Isolated

1 set: Thumb-Up Elbow Moving* or Thumb-Up Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

1 set: Palm-Down Isolation

1 sets: Radial Deviation

2 sets: Supination Isolated

2 sets: Thumb-Up Elbow Moving* or Thumb-Up Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week, as you are able, in order to continue performing 12-20 repetitions per set. Do this by: A) Moving up the Band Clasp and shortening the band length if using the arm-strap. B) Pulling on the resistance band(s) harder if you are NOT using the arm-strap. C) Changing the fulcrum points / ring levels as described in the following YouTube video at <http://youtu.be/qvPrTx2M9ml> or D) Adding additional resistance / exercise bands to either Ring Levels-I, II or both.

DeQuervain's Syndrome Exercises

IMPORTANT: Before using FLEXTEND®, read all information and watch the exercise videos at: <http://flectend.com/flectendrestoreexercises.html>

OPTIONAL: You may use Palm-Up Elbow Moving or Thumb-Up Elbow Moving exercises unless you experience ANY discomfort in the elbow region while performing the exercise (not including post-exercise soreness, fatigue, etc.) If discomfort is felt, revert to using the Palm-Up Isolated and Thumb-Up Isolated exercises, still following the required number of sets and repetitions.

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3 sets: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

1 set: Thumb-Up Elbow Moving* or Thumb-Up Isolated

1 set: Supination Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

1 set: Thumb-Up Elbow Moving* or Thumb-Up Isolated

1 set: Ulnar Deviation

2 sets: Supination Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

2 sets: Thumb-Up Elbow Moving* or Thumb-Up Isolated

1 set: Ulnar Deviation

3 sets: Supination Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week, as you are able, in order to continue performing 12-20 repetitions per set. Do this by: A) Moving up the Band Clasp and shortening the band length if using the arm-strap. B) Pulling on the resistance band(s) harder if you are NOT using the arm-strap. C) Changing the fulcrum points / ring levels as described in the following YouTube video at <http://youtu.be/qvPrTx2M9mI> or D) Adding additional resistance / exercise bands to either Ring Levels-I, II or both.

Dupuytren's Contracture Exercises

Note that Dupuytren's Contracture may take longer to correct than other hand disorders. Be patient, yet persistent with your program, and results will come using FLEXTEND®.

IMPORTANT: Before using FLEXTEND®, read all information and watch the exercise videos at: <http://flectend.com/flectendrestorexercises.html>

OPTIONAL: You may use Palm-Up Elbow Moving unless you experience ANY discomfort in the elbow region while performing the exercise (not including post-exercise soreness, fatigue, etc.) Revert to using Palm-Up Isolated, still following the required number of sets and repetitions.

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3-sets: Palm-Up Isolated or Palm-Up Elbow Moving

Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Isolated or Palm-Up Elbow Moving

2 sets: Five-Finger Isolated

1 set: Palm-Up Isolated or Palm-Up Elbow Moving

NOTE: Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Isolated or Palm-Up Elbow Moving

2 sets: Five-Finger Isolated

1 set: Five-Finger Extension

2 sets: Palm-Up Isolated or Palm-Up Elbow Moving

NOTE: Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

1 set: Palm-Up Isolated or Palm-Up Elbow Moving

3 sets: Five-Finger Isolated

2 sets: Five-Finger Extension

2 sets: Palm-Up Isolated or Palm-Up Elbow Moving

NOTE: Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week, as you are able, in order to continue performing 12-20 repetitions per set. Do this by: A) Moving up the Band Clasp and shortening the band length if using the arm-strap. B) Pulling on the resistance band(s) harder if you are NOT using the arm-strap. C) Changing the fulcrum points / ring levels as described in the following YouTube video at <http://youtu.be/gvPrTx2M9ml> or D) Adding additional resistance / exercise bands to either Ring Levels-I, II or both.

Golfer's Elbow (Medial Epicondylitis) Exercises

IMPORTANT: Before using FLEXTEND®, read all information and watch the exercise videos at: <http://flectend.com/flectendrestoreexercises.html>

OPTIONAL: If you experience ANY discomfort in the elbow region while performing the Palm-Up Elbow Moving exercise during weeks 4-12, not including post-exercise soreness, fatigue, etc., perform the Palm-Up Isolated exercise in its place until the discomfort has subsided, still following the required number of sets and repetitions as outlined in the program.

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3-sets: Palm-Up Isolated

Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Isolated

1 set: Ulnar Deviation

1 set: Pronation Isolated

1 set: Palm-Up Isolated

Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

2 sets: Ulnar Deviation

2 sets: Pronation Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

3 sets: Ulnar Deviation

3 sets: Pronation Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week, as you are able, in order to continue performing 12-20 repetitions per set. Do this by: A) Moving up the Band Clasp and shortening the band length if using the arm-strap. B) Pulling on the resistance band(s) harder if you are NOT using the arm-strap. C) Changing the fulcrum points / ring levels as described in the following YouTube video at <http://youtu.be/gvPrTx2M9ml> or D) Adding additional resistance / exercise bands to either Ring Levels-I, II or both.

IMPORTANT: If you experience limited progress using Medial Elbow, try using the Cubital Tunnel exercise program. Once progress has been made, it is fine to return to the Golfer's Elbow exercise routine or you may continue using the Cubital Tunnel exercise program, whichever program has the best results.

Grip Strength Exercises

IMPORTANT: Before using FLEXTEND®, read all information and watch the exercise videos at: <http://flectend.com/flectendrestoreexercises.html>

OPTIONAL: You may use Palm-Up Elbow Moving unless you experience ANY discomfort in the elbow region while performing the exercise (not including post-exercise soreness, fatigue, etc.) Revert to using Palm-Up Isolated, still following the required number of sets and repetitions.

WEEK #1 **5 sets / 10 repetitions** **2X Daily** **3 days wk**
1 set: Palm-Up Elbow Moving or Palm-Up Isolated
1 set: Wrist and Finger Flexion
1 set: Palm-Down Isolated
1 set: Thumb-Up Isolated
1 set: Palm-Up Elbow Moving or Palm-Up Isolated

WEEK #2-6 **5 sets / 12-20 repetitions** **2X Daily** **4-5 days wk**
* Perform 5 sets in the morning and 5 sets in the afternoon / evening*
2 sets: Palm-Up Elbow Moving or Palm-Up Isolated
2 sets: Wrist and Finger Flexion
2 sets: Palm-Down Isolated
2 sets: Thumb-Up Isolated
2 sets: Palm-Up Elbow Moving or Palm-Up Isolated

WEEK #7-12 **9 sets / 12-20 repetitions** **2X Daily** **5-6 days wk**
* Perform 6 sets in the morning and 6 sets in the afternoon / evening*
3 sets: Palm-Up Elbow Moving or Palm-Up Isolated
3 sets: Wrist and Finger Flexion
3 sets: Palm-Down Isolated
3 sets: Thumb-Up Isolated
3 sets: Palm-Up Elbow Moving or Palm-Up Isolated

Progressive Resistance: Increase exercise resistance each week, as you are able, in order to continue performing 12-20 repetitions per set. Do this by: A) Moving up the Band Clasp and shortening the band length if using the arm-strap. B) Pulling on the resistance band(s) harder if you are NOT using the arm-strap. C) Changing the fulcrum points / ring levels as described in the following YouTube video at <http://youtu.be/gvPrTx2M9ml> or D) Adding additional resistance / exercise bands to either Ring Levels-I, II or both.

Guyon's Syndrome Exercises

IMPORTANT: Before using FLEXTEND®, read all information and watch the exercise videos at: <http://flectend.com/flectendrestoreexercises.html>

OPTIONAL: You may use Palm-Up Elbow Moving unless you experience ANY discomfort in the elbow region while performing the exercise (not including post-exercise soreness, fatigue, etc.) Revert to using Palm-Up Isolated, still following the required number of sets and repetitions.

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3 sets: Palm-Up Elbow Moving* or Palm-Up Isolated

Note: Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

1 set: Pronation

1 set: Radial Deviation

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Note: Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

1 set: Palm-Down Isolated

2 sets: Pronation

1 set: Radial Deviation

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Note: Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

2 sets: Palm-Down Isolated

2 sets: Pronation

2 sets: Radial Deviation

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Note: Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week, as you are able, in order to continue performing 12-20 repetitions per set. Do this by: A) Moving up the Band Clasp and shortening the band length if using the arm-strap. B) Pulling on the resistance band(s) harder if you are NOT using the arm-strap. C) Changing the fulcrum points / ring levels as described in the following YouTube video at <http://youtu.be/gvPrTx2M9ml> or D) Adding additional resistance / exercise bands to either Ring Levels-I, II or both.

Radial Tunnel Exercises

IMPORTANT: Before using FLEXTEND®, read all information and watch the exercise videos at: <http://flectend.com/flectendrestoreexercises.html>

** If you experience ANY discomfort in the elbow region while performing the Palm-Up Elbow Moving exercise during weeks 4-12, not including post-exercise soreness, fatigue, etc., perform the Palm-Up Isolated exercise in its place until the discomfort has subsided, still following the required number of sets and repetitions as outlined in the program.*

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3-sets: Palm-Up Isolated

Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Isolated

1 set: Palm-Down Isolated

1 set: Pronation Isolated

1 set: Palm-Up Isolated

Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

2 sets: Palm-Down Isolated

2 sets: Pronation Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

3 sets: Palm-Down Isolated

3 sets: Pronation Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week, as you are able, in order to continue performing 12-20 repetitions per set. Do this by: A) Moving up the Band Clasp and shortening the band length if using the arm-strap. B) Pulling on the resistance band(s) harder if you are NOT using the arm-strap. C) Changing the fulcrum points / ring levels as described in the following YouTube video at <http://youtu.be/gvPrTx2M9ml> or D) Adding additional resistance / exercise bands to either Ring Levels-I, II or both.

Repetitive Strain Injury Exercises (Wrist)

IMPORTANT: Before using FLEXTEND®, read all information and watch the exercise videos at: <http://flectend.com/flectendrestoreexercises.html>

OPTIONAL: You may use Palm-Up Elbow Moving unless you experience ANY discomfort in the elbow region while performing the exercise (not including post-exercise soreness, fatigue, etc.) Revert to using Palm-Up Isolated, still following the required number of sets and repetitions.

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3 sets: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

1 set: Pronation Isolated

1 set: Supination Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

2 sets: Pronation Isolated

2 sets: Supination Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

2 sets: Palm-Up Elbow Moving* or Palm-Up Isolated

2 sets: Pronation Isolated

3 sets: Supination Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week, as you are able, in order to continue performing 12-20 repetitions per set. Do this by: A) Moving up the Band Clasp and shortening the band length if using the arm-strap. B) Pulling on the resistance band(s) harder if you are NOT using the arm-strap. C) Changing the fulcrum points / ring levels as described in the following YouTube video at <http://youtu.be/qvPrTx2M9ml> or D) Adding additional resistance / exercise bands to either Ring Levels-I, II or both.

Trigger Finger Exercises

Note that Trigger Finger may take longer to correct than other hand disorders. Be patient, yet persistent with your program, and results will come using FLEXTEND®.

IMPORTANT: Before using FLEXTEND®, read all information and watch the exercise videos at: <http://flextend.com/flextendrestoreexercises.html>

OPTIONAL: You may use Palm-Up Elbow Moving during weeks 4-12 unless you experience ANY discomfort in the elbow region while performing the exercise (not including post-exercise soreness, fatigue, etc.) Revert to using Palm-Up Isolated, still following the required number of sets and repetitions.

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3-sets: Palm-Up Isolated

NOTE: Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Isolated

2 sets: Five-Finger Isolated

1 set: Palm-Up Isolated

NOTE: Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Elbow Moving or Palm-Up Isolated

2 sets: Five-Finger Isolated

2 sets: Single-Finger Isolated

1 set: Palm-Up Elbow Moving or Palm-Up Isolated

NOTE: Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

1 set: Palm-Up Elbow Moving or Palm-Up Isolated

3 sets: Five-Finger Isolated

3 sets: Single-Finger Isolated

1 set: Palm-Up Elbow Moving or Palm-Up Isolated

NOTE: Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week, as you are able, in order to continue performing 12-20 repetitions per set. Do this by: A) Moving up the Band Clasp and shortening the band length if using the arm-strap. B) Pulling on the resistance band(s) harder if you are NOT using the arm-strap. C) Changing the fulcrum points / ring levels as described in the following YouTube video at <http://youtu.be/gvPrTx2M9ml> or D) Adding additional resistance / exercise bands to either Ring Levels-I, II or both.

Trigger Thumb Exercises

IMPORTANT: Before using FLEXTEND®, read all information and watch the exercise videos at: <http://flectend.com/flectendrestorexercises.html>

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3-sets: Palm-Up Isolated

Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 5 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Isolated

2 sets: Five-Finger Isolated

1-set: Thumb-Up Isolated

1 set: Palm-Up Isolated

NOTE: Perform 5 sets in the morning, and 5 sets in the afternoon or evening.

Week #4-8: 9 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Isolated

2 sets: Five-Finger Isolated

2 sets: Single-Finger Isolated (Each Affected Finger. Use TFT-KIT for this exercise.)

1-set: Supination Isolated

2 sets: Thumb-Up Isolated

1 set: Palm-Up Isolated

NOTE: Perform 9 sets in the morning and 9 sets in the afternoon or evening.

Week #9-12: 12 sets / 12-20 repetitions, 2x daily, 6 days a week

1 set: Palm-Up Isolated

2 sets: Five-Finger Isolated

3 sets: Single-Finger Isolated (Each Affected Finger. Use TFT-KIT for this exercise.)

2-sets: Supination Isolated

3 sets: Thumb-Up Isolated

1 set: Palm-Up Isolated

NOTE: Perform 12 sets in the morning, and 12 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week, as you are able, in order to continue performing 12-20 repetitions per set. Do this by: A) Moving up the Band Clasp and shortening the band length if using the arm-strap. B) Pulling on the resistance band(s) harder if you are NOT using the arm-strap. C) Changing the fulcrum points / ring levels as described in the following YouTube video at <http://youtu.be/gvPrTx2M9ml> or D) Adding additional resistance / exercise bands to either Ring Levels-I, II or both.

Tennis Elbow (Lateral Epicondylitis) Exercises

IMPORTANT: Before using FLEXTEND®, read all information and watch the exercise videos at: <http://flectend.com/flectendrestoreexercises.html>

OPTIONAL: You may use Palm-Up Elbow Moving and Thumb-Up Elbow Moving during weeks 4-12 unless you experience ANY discomfort in the elbow region while performing the exercise (not including post-exercise soreness, fatigue, etc.) Revert to using Palm-Up and Thumb-Up Isolated exercises, still following the required number of sets and repetitions.

Week #1: 3 sets / 10 repetitions, 2x daily, 3 days a week

3-sets: Palm-Up Isolated

Perform 3 sets in the morning, and 3 sets in the afternoon or evening.

Week #2-3: 4 sets / 12-20 repetitions, 2x daily, 4-5 days a week

1 set: Palm-Up Isolated

1 set: Thumb-Up Isolated

1 set: Supination Isolated

1 set: Palm-Up Isolated

Perform 4 sets in the morning, and 4 sets in the afternoon or evening.

Week #4-8: 6 sets / 12-20 repetitions, 2x daily, 5-6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

1 set: Palm-Down Isolated

1 set: Thumb-Up Elbow Moving* or Thumb-Up Isolated

2 sets: Supination Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 6 sets in the morning, and 6 sets in the afternoon or evening.

Week #9-12: 8 sets / 12-20 repetitions, 2x daily, 6 days a week

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

2 sets: Palm-Down Isolated

2 sets: Thumb-Up Elbow Moving* or Thumb-Up Isolated

2 sets: Supination Isolated

1 set: Palm-Up Elbow Moving* or Palm-Up Isolated

NOTE: Perform 8 sets in the morning, and 8 sets in the afternoon or evening.

Progressive Resistance: Increase exercise resistance each week, as you are able, in order to continue performing 12-20 repetitions per set. Do this by: A) Moving up the Band Clasp and shortening the band length if using the arm-strap. B) Pulling on the resistance band(s) harder if you are NOT using the arm-strap. C) Changing the fulcrum points / ring levels as described in the following YouTube video at <http://youtu.be/qvPrTx2M9ml> or D) Adding additional resistance / exercise bands to either Ring Levels-I, II or both.

Maintenance Exercises

IMPORTANT: Before using FLEXTEND®, read all information and watch the exercise videos at: <http://flectend.com/flectendrestorexercises.html>

Maintenance programs are based on using an exercise program's week 9-12 routine, but only performing one set of each exercise listed in the program 2x daily, 3-days per week.

Ex. A: Repetitive Strain Injury: 2x daily, 3 days a week.

- 1 set Palm-Up Elbow Moving
- 1 set Pronation
- 1 set Supination
- 1 set Palm-Up Elbow Moving

Ex. B: Lateral Epicondylitis: 2x daily, 3 days a week.

- 1 set Palm-Up Elbow Moving
- 1 set Palm-Down Isolated
- 1 set Thumb-Up Elbow Moving
- 1 set Supination
- 1 set Palm-Up Elbow Moving

Ex. C: Carpal Tunnel Syndrome: 2x daily, 3 days a week.

- 4 sets of Palm-Up Elbow Moving