



Balance Systems, Inc.

“ADVANCED RESEARCH IN REHABILITATION TECHNOLOGY”™

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Carpal Tunnel Syndrome Exercises

READ BEFORE STARTING PROGRAM:

- ~ **Week #1:** Perform 10-repetitions per set.
- ~ **Weeks #2-12:** Perform 12-20 repetitions per set.
- ~ **Rest Time:** Rest 30-45 seconds between each set.

IMPORTANT: [Click Here](#) to view general safety precautions, exercise tips, assembly instructions for use with and without the arm-strap and other important information.

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.

NOTE: 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.

Week #1: Perform exercise routine 2x daily, 3 days a week

3-sets: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #2-3: Perform exercise routine 2x daily, 4-5 days a week

4 sets: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #4-8: Perform exercise routine 2x daily, 5-6 days a week

6 sets: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #9-12: Perform exercise routine 2x daily, 6 days a week

8 sets: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Progressive Resistance: Increase resistance each week in order to fatigue within the 12-20 repetition range. See "[Changing Resistance Levels & Settings](#)"

Cubital Tunnel Syndrome Exercises

READ BEFORE STARTING PROGRAM:

- ~ **Week #1:** Perform 10-repetitions per set.
- ~ **Weeks #2-12:** Perform 12-20 repetitions per set.
- ~ **Rest Time:** Rest 30-45 seconds between each set.

IMPORTANT: [Click Here](#) to view general safety precautions, exercise tips, assembly instructions for use with and without the arm-strap and other important information.

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: Perform exercise routine 2x daily, 3 days a week

3 sets: [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #2-3: Perform exercise routine 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 program in the morning and again in the afternoon or evening.

Week #4-8: Perform exercise routine 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 program in the morning and again in the afternoon or evening.

Week #9-12: Perform exercise routine 2x daily, 6 days a week

1 set: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

1 set: [Palm-Down Isolated](#)

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 program in the morning and again in the afternoon or evening.

Progressive Resistance: Increase resistance each week in order to fatigue within the 12-20 repetition range. See "[Changing Resistance Levels & Settings](#)"

DeQuervain's Syndrome Exercises

READ BEFORE STARTING PROGRAM:

- ~ **Week #1:** Perform 10-repetitions per set.
- ~ **Weeks #2-12:** Perform 12-20 repetitions per set.
- ~ **Rest Time:** Rest 30-45 seconds between each set.

IMPORTANT: [Click Here](#) to view general safety precautions, exercise tips, assembly instructions for use with and without the arm-strap and other important information.

OPTIONAL: You may use Palm-Up Elbow Moving exercise 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 exercise, still following the required number of sets and repetitions.

Week #1: Perform exercise routine 2x daily, 3 days a week

3 sets: [Palm-Up Elbow Moving](#)* or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #2-3: Perform exercise routine 2x daily, 4-5 days a week

1 set: [Palm-Up Elbow Moving](#)* or [Palm-Up Isolated](#)

1 set: [Thumb-Up Isolated](#)

1 set: [Supination Isolated](#)

1 set: [Palm-Up Elbow Moving](#)* or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #4-8: Perform exercise routine 2x daily, 5-6 days a week

1 set: [Palm-Up Elbow Moving](#)* or [Palm-Up Isolated](#)

1 set: [Thumb-Up Isolated](#)

1 set: [Radial Deviation](#)

2 sets: [Supination Isolated](#)

1 set: [Palm-Up Elbow Moving](#)* or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #9-12: Perform exercise routine 2x daily, 6 days a week

1 set: [Palm-Up Elbow Moving](#)* or [Palm-Up Isolated](#)

2 sets: [Thumb-Up Isolated](#)

2 sets: [Radial Deviation](#)

2 sets: [Supination Isolated](#)

1 set: [Palm-Up Elbow Moving](#)* or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Progressive Resistance: Increase resistance each week in order to fatigue within the 12-20 repetition range. See "[Changing Resistance Levels & Settings](#)"

Dupuytren's Contracture Exercises

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®-RESTORE™.

READ BEFORE STARTING PROGRAM:

- ~ **Week #1:** Perform 10-repetitions per set.
- ~ **Weeks #2-12:** Perform 12-20 repetitions per set.
- ~ **Rest Time:** Rest 30-45 seconds between each set.

IMPORTANT: [Click Here](#) to view general safety precautions, exercise tips, assembly instructions for use with and without the arm-strap and other important information.

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: Perform exercise routine 2x daily, 3 days a week

3-sets: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #2-3: Perform exercise routine 2x daily, 4-5 days a week

1 set: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

2 sets: [Five-Finger Isolated](#)

1 set: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #4-8: Perform exercise routine 2x daily, 5-6 days a week

1 set: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

2 sets: [Five-Finger Isolated](#)

1 set: [Palm-Down Isolated](#)

2 sets: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #9-12: Perform exercise routine 2x daily, 6 days a week

1 set: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

3 sets: [Five-Finger Isolated](#)

2 sets: [Palm-Down Isolated](#)

2 sets: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Progressive Resistance: Increase resistance each week in order to fatigue within the 12-20 repetition range. See "[Changing Resistance Levels & Settings](#)"

Golfer's Elbow (Medial Epicondylitis) Exercises

READ BEFORE STARTING PROGRAM:

- ~ **Week #1:** Perform 10-repetitions per set.
- ~ **Weeks #2-12:** Perform 12-20 repetitions per set.
- ~ **Rest Time:** Rest 30-45 seconds between each set.

IMPORTANT: [Click Here](#) to view general safety precautions, exercise tips, assembly instructions for use with and without the arm-strap and other important information.

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.

NOTE: If by week #6 you have experienced limited progress using the Golfer's Elbow exercise program, replace it with the Cubital Tunnel program starting at week #6. Once progress has been made, you may return to the Golfer's Elbow program or continue using the Cubital Tunnel program, whichever program you feel has provided you with the best results.

Week #1: Perform exercise routine 2x daily, 3 days a week

3-sets: [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #2-3: Perform exercise routine 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](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #4-8: Perform exercise routine 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](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #9-12: Perform exercise routine 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](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Progressive Resistance: Increase resistance each week in order to fatigue within the 12-20 repetition range. See "[Changing Resistance Levels & Settings](#)"

Grip Strength Exercises

READ BEFORE STARTING PROGRAM:

- ~ **Week #1:** Perform 10-repetitions per set.
- ~ **Weeks #2-12:** Perform 12-20 repetitions per set.
- ~ **Rest Time:** Rest 30-45 seconds between each set.

IMPORTANT: [Click Here](#) to view general safety precautions, exercise tips, assembly instructions for use with and without the arm-strap and other important information.

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: Perform exercise routine 2x daily 3 days a week

- 1 set: [Palm-Up Elbow Moving](#)* or [Palm-Up Isolated](#)
- 1 set: [Wrist and Finger Flexion \(Exercise Images Pg.15\)](#)
- 1 set: [Palm-Down Isolated](#)
- 1 set: [Thumb-Up Isolated](#)
- 1 set: [Palm-Up Elbow Moving](#)* or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

WEEK #2-6: Perform exercise routine 2x daily 4-5 days a week

- 2 sets: [Palm-Up Elbow Moving](#)* or [Palm-Up Isolated](#)
- 2 sets: [Wrist and Finger Flexion \(Exercise Images Pg.15\)](#)
- 2 sets: [Palm-Down Isolated](#)
- 2 sets: [Thumb-Up Isolated](#)
- 2 sets: [Palm-Up Elbow Moving](#)* or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

WEEK #7-12: Perform exercise routine 2x daily 5-6 days a week

- 3 sets: [Palm-Up Elbow Moving](#)* or [Palm-Up Isolated](#)
- 3 sets: [Wrist and Finger Flexion \(Exercise Images Pg.15\)](#)
- 3 sets: [Palm-Down Isolated](#)
- 3 sets: [Thumb-Up Isolated](#)
- 3 sets: [Palm-Up Elbow Moving](#)* or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Progressive Resistance: Increase resistance each week in order to fatigue within the 12-20 repetition range. See "[Changing Resistance Levels & Settings](#)"

Guyon's Syndrome Exercises

READ BEFORE STARTING PROGRAM:

- ~ **Week #1:** Perform 10-repetitions per set.
- ~ **Weeks #2-12:** Perform 12-20 repetitions per set.
- ~ **Rest Time:** Rest 30-45 seconds between each set.

IMPORTANT: [Click Here](#) to view general safety precautions, exercise tips, assembly instructions for use with and without the arm-strap and other important information.

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: Perform exercise routine 2x daily, 3 days a week

3 sets: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #2-3: Perform exercise routine 2x daily, 4-5 days a week

1 set: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

1 set: [Radial Deviation](#)

1 set: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #4-8: Perform exercise routine 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 Isolated](#)

1 set: [Radial Deviation](#)

1 set: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #9-12: Perform exercise routine 2x daily, 6 days a week

1 set: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

2 sets: [Palm-Down Isolated](#)

2 sets: [Pronation Isolated](#)

2 sets: [Radial Deviation](#)

1 set: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Progressive Resistance: Increase resistance each week in order to fatigue within the 12-20 repetition range. See "[Changing Resistance Levels & Settings](#)"

Radial Tunnel Exercises

READ BEFORE STARTING PROGRAM:

- ~ **Week #1:** Perform 10-repetitions per set.
- ~ **Weeks #2-12:** Perform 12-20 repetitions per set.
- ~ **Rest Time:** Rest 30-45 seconds between each set.

IMPORTANT: [Click Here](#) to view general safety precautions, exercise tips, assembly instructions for use with and without the arm-strap and other important information.

NOTE: 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: Perform exercise routine 2x daily, 3 days a week

3-sets: [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #2-3: Perform exercise routine 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](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #4-8: Perform exercise routine 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](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #9-12: Perform exercise routine 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](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Progressive Resistance: Increase resistance each week in order to fatigue within the 12-20 repetition range. See "[Changing Resistance Levels & Settings](#)"

Repetitive Strain Injury Exercises (Wrist)

READ BEFORE STARTING PROGRAM:

- ~ **Week #1:** Perform 10-repetitions per set.
- ~ **Weeks #2-12:** Perform 12-20 repetitions per set.
- ~ **Rest Time:** Rest 30-45 seconds between each set.

IMPORTANT: [Click Here](#) to view general safety precautions, exercise tips, assembly instructions for use with and without the arm-strap and other important information.

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: Perform exercise routine 2x daily, 3 days a week

3 sets: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #2-3: Perform exercise routine 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](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #4-8: Perform exercise routine 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](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #9-12: Perform exercise routine 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](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Progressive Resistance: Increase resistance each week in order to fatigue within the 12-20 repetition range. See "[Changing Resistance Levels & Settings](#)"

Trigger Finger (Stenosing Tenosynovitis) Exercises

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

READ BEFORE STARTING PROGRAM:

- ~ **Week #1:** Perform 10-repetitions per set.
- ~ **Weeks #2-12:** Perform 12-20 repetitions per set.
- ~ **Rest Time:** Rest 30-45 seconds between each set.

IMPORTANT: [Click Here](#) to view general safety precautions, exercise tips, assembly instructions for use with and without the arm-strap and other important information.

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: Perform exercise routine 2x daily, 3 days a week

3-sets: [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #2-3: Perform exercise routine 2x daily, 4-5 days a week

1 set: [Palm-Up Isolated](#)

2 sets: [Five-Finger Isolated](#)

1 set: [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #4-8: Perform exercise routine 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](#) (Use [TFT-KIT](#) for this finger exercise.)

1 set: [Palm-Up Elbow Moving](#)* or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #9-12: Perform exercise routine 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](#) (Use [TFT-KIT](#) for this finger exercise.)

1 set: [Palm-Up Elbow Moving](#)* or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Progressive Resistance: Increase resistance each week in order to fatigue within the 12-20 repetition range. See "[Changing Resistance Levels & Settings](#)"

Trigger Thumb (Stenosing Tenosynovitis) Exercises

Trigger Thumb may take longer to correct than other hand disorders. Be patient, yet persistent with your program, and results will come using FLEXTEND®-RESTORE™.

READ BEFORE STARTING PROGRAM:

- ~ **Week #1:** Perform 10-repetitions per set.
- ~ **Weeks #2-12:** Perform 12-20 repetitions per set.
- ~ **Rest Time:** Rest 30-45 seconds between each set.

IMPORTANT: [Click Here](#) to view general safety precautions, exercise tips, assembly instructions for use with and without the arm-strap and other important information.

Week #1: Perform exercise routine 2x daily, 3 days a week

3-sets: [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #2-3: Perform exercise routine 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 program in the morning and again in the afternoon or evening.

Week #4-8: Perform exercise routine 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](#) (Use [TFT-KIT](#) for this thumb exercise.)

1-set: [Supination Isolated](#)

2 sets: [Thumb-Up Isolated](#)

1 set: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #9-12: Perform exercise routine 2x daily, 6 days a week

1 set: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

2 sets: [Five-Finger Isolated](#)

3 sets: [Single-Finger Isolated](#) (Use [TFT-KIT](#) for this thumb exercise.)

2-sets: [Supination Isolated](#)

3 sets: [Thumb-Up Isolated](#)

1 set: [Palm-Up Elbow Moving*](#) or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Progressive Resistance: Increase resistance each week in order to fatigue within the 12-20 repetition range. See "[Changing Resistance Levels & Settings](#)"

Tennis Elbow (Lateral Epicondylitis) Exercises

READ BEFORE STARTING PROGRAM:

- ~ **Week #1:** Perform 10-repetitions per set.
- ~ **Weeks #2-12:** Perform 12-20 repetitions per set.
- ~ **Rest Time:** Rest 30-45 seconds between each set.

IMPORTANT: [Click Here](#) to view general safety precautions, exercise tips, assembly instructions for use with and without the arm-strap and other important information.

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: Perform exercise routine 2x daily, 3 days a week

3-sets: [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #2-3: Perform exercise routine 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](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Week #4-8: Perform exercise routine 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 program in the morning and again in the afternoon or evening.

Week #9-12: Perform exercise routine 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 program in the morning and again in the afternoon or evening.

Progressive Resistance: Increase resistance each week in order to fatigue within the 12-20 repetition range. See "[Changing Resistance Levels & Settings](#)"

Maintenance Exercises

READ BEFORE STARTING PROGRAM:

~ **Weeks #2-12:** Perform 12-20 repetitions per set.

~ **Rest Time:** Rest 30-45 seconds between each set.

IMPORTANT: [Click Here](#) to view general safety precautions, exercise tips, assembly instructions for use with and without the arm-strap and other important information.

Maintenance programs are based on using the 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. (i.e. Monday, Wednesday, Friday)

Example: Repetitive Strain Injury (Wrist)

~ Perform exercise routine 2x daily, 3 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](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Example: Tennis Elbow Syndrome (Lateral Epicondylitis)

~ Perform exercise routine 2x daily, 3 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](#)

1 set: [Supination Isolated](#)

1 set: [Palm-Up Elbow Moving](#)* or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Example: Carpal Tunnel Syndrome

~ Perform exercise routine 2x daily, 3 days a week.

4 sets: [Palm-Up Elbow Moving](#)* or [Palm-Up Isolated](#)

NOTE: Perform program in the morning and again in the afternoon or evening.

Progressive Resistance: Increase resistance each week in order to fatigue within the 12-20 repetition range. See "[Changing Resistance Levels & Settings](#)"