



Finger Flexors and Extensors Programme

This guide is a recommended programme for rehabilitating and building strength in the thumb, finger flexors and extensors using Powerball®, particularly useful for building and maintaining fingertip grip, strength & flexibility and is helpful for: *Medial & Lateral Epicondylitis, Carpal Tunnel Syndrome, RSI of the wrist and hand, musicians, manual therapists, typists.*

Recommended Exercise

- 1 As we're focusing on fingertip strength, the key to getting this exercise right, is in how you grip your Powerball - it's important to secure Powerball **firmly** between your thumb and four digits using a precision grip.
- 2 There should be a visible gap between the palm of your hand and the top of the ball.
- 3 Start your Powerball and accelerate up to a comfortable spin speed - if you don't know how, check out the 'Getting Started page' on [Powerballs.com](https://www.powerballs.com) for videos and instructions.
- 4 It's important that you spin only with your wrist and not the arm - rotating clockwise or anticlockwise as preferred.
- 5 The resistance created by spinning Powerball in this way places significant demands on the finger flexors and extensors and really encourages the muscles to respond, thereby building strength and promoting recovery.
- 6 Progress is achieved by increasing duration and spin speed in conjunction with a regular exercise schedule.

Recommended Exercise Guideline

Week 1: An initial workout of **3 x 30 seconds** spin sessions with a **1 minute** break between each, **repeated on alternate days**. Use your first session to establish the RPM at which you are challenged but can still maintain a solid grip on the ball.

Week 2: **3 x 30 seconds** spin sessions with a **1 minute** break between each, **repeated daily**.

Week 3: **3 x 60 seconds** spin sessions with a **1 minute** break between each, **repeated on alternate days**

Week 4: **3 x 60 second** spin sessions with a **1 minute** break between each, **repeated daily**.

Remember

Initial spin speed is determined by your personal strength and fitness level as well as whether you're using the ball to rehabilitate a pre-existing injury or to help build muscle strength - always begin conservatively until you fully establish the spin speed at which your muscles are being challenged yet can still maintain a solid grip on the ball

Learn More

Progress is achieved by increasing duration and spin speed in conjunction with a regular exercise schedule. Further information on Powerball® products and programmes can be found on our website powerballs.com.

Important

Should you experience any pain or discomfort when exercising with Powerball®, Powerspin® or in general, speak to your physio or qualified healthcare practitioner to get the best advice and support.