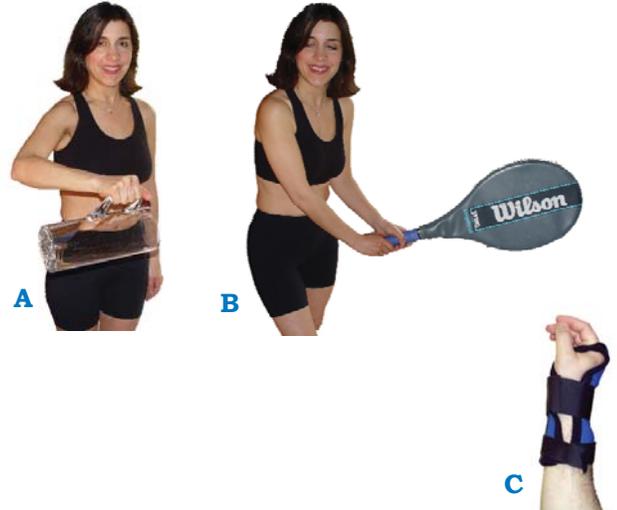


*Normalization of Muscle Function*  
**Chapter 9 - Hand Extensor Muscles**

**Do's & Don't's**

- Avoid forceful activity with the hand flexed or with the wrist cocked toward your pinky finger.
- Pour liquid from the shoulder and not by twisting the forearm or wrist (figure A).
- Use a graphite or titanium racquet & make sure that a tennis coach goes over the proper position of the wrist when hitting backhands (figure B).
- When shaking hands for extended periods the hand should be offered in the palm upward position & try to alternate hands.
- If work requires motions that hurt, then you should ask your physician about wearing a wrist brace that prevents hand flexion (figure C)
- Do not start strengthening exercises until pain free range of motion has returned.



**Doorway Molding Stretch**

Stand in a doorway with one leg in front of the other. Grasp the doorway molding at about shoulder level (figure A). Twist your body away while maintaining your hold on the molding. You should feel a stretching sensation in the front part of your arm. Continue to lean into this stretched position for 3-5 deep breaths. On each inhalation you will feel the stretch increase and upon exhalation the stretch will diminish. Try to keep the tension at the same level by twisting more with each exhalation.

Repeat this exercise 2-3 times a day until you no longer feel the tightness in your arm when performing it.



**Kung-Fu Self-stretch**

In the seated or standing position, keep your elbow against your side and flex it against your chest. Point your fingers toward the ground and grasp them with your other hand (figure A). Gently, extend your wrist toward its' straightened position for 3 deep breaths, while resisting this motion with your other hand. Upon completion of the breathing and the straightening effort there is usually a relaxation of the muscles and the wrist will flex more. Repeat this muscle contraction & release for a total of 3 times.

Perform this exercise 2-3 times a day until you no longer feel the tightness in your arm when in the starting position.



To strengthen the hand extensors start in the seated position with your arm resting palm down either on thigh (figure A) or on a table (figure B). Using not more than 5 lb dumbbell (figure A) or a bag with a can of peas in it (figure B), allow the weight to slowly bend your wrist forward while inhaling deeply and ending with your wrist fully flexed (figures C & D). Hold this position for 2 seconds. Then, extend your wrist to as much as possible while you exhale, returning toward the start position or with even more wrist extension. Repeat these actions for a total of 8-12 times, take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.

Strengthening with Weights



To strengthen the extensors of the hand sit facing the machine with your elbows flexed fully at your sides and your palms facing away from your chest, as shown in figure E. Allow your wrists to flex while inhaling deeply, as shown in figure F. Then, extend your wrists towards your chest to return to the starting position as you exhale. Repeat these actions for a total of 8-12 times, take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets. *Caution: avoid doing this exercise if you suffer from carpal tunnel syndrome.*

Strengthening with Exercise Equipment



Also Train: Triceps & Deltoid muscles!