



Best exercise against Golfer's Elbow

Hold the MSD-Band Bar horizontally and face the palms of your hand against each other while one hand going upward, the other downward. Hold the MSD-Band Bar firmly and twist the bar so both elbows are down.

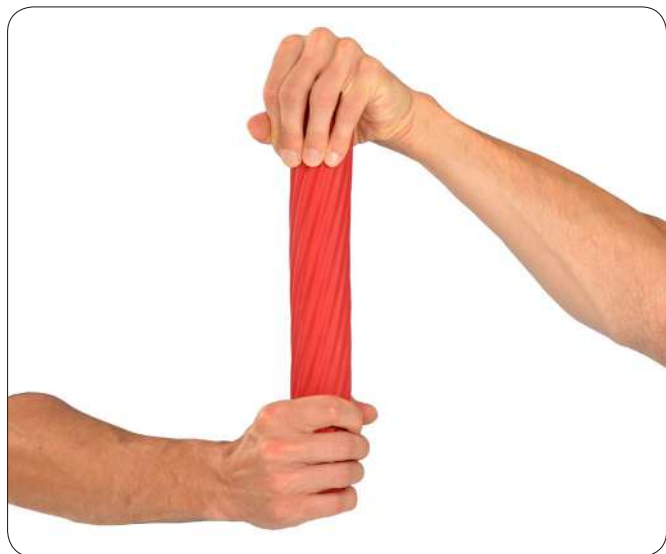


Best Exercise against Tennis Elbow

Hold the MSD-Band Bar vertically and face the palms of your hands against each other. Hold the MSD-Band Bar firmly and twist the bar while turning it horizontally. The final position is the twisted bar while the back of your hands are pointing upwards.

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1/6



Grip Strength

Hold the MSD-Band Bar firmly at the base. Place your other hand on top of the MSD-Band Bar and twist both left and right, as if you were opening or closing a jar.



Wrist Flexion/Extension

Hold the MSD-Band Bar firmly with one hand while twisting the MSD-Band Bar upward and downward, as if you were driving a motorcycle.



Shoulder Adduction

Hold the MSD-Band Bar firmly with both hands. Move your elbows toward your body, bending the MSD-Band Bar into a horseshoe shape.



Shoulder Abduction

Hold the MSD-Band Bar firmly with both hands. Move your elbows upward, bending the MSD-Band Bar into a u-shape.

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2/6





Wrist Pronation

Hold the MSD-Band Bar firmly at one hand, while stabilizing your forearm with the other hand. Place the base of the MSD-Band Bar on the table and rotate your palm downward, bending the MSD-Band Bar in a c-shape.



Wrist Supination

Hold the MSD-Band Bar firmly at one hand, while stabilizing your forearm with the other hand. Place the base of the MSD-Band Bar on the table and rotate your palm upward, bending the MSD-Band Bar in a reversed c-shape.



Wrist Ulnar Deviation

Hold the MSD-Band Bar firmly at one hand, while stabilizing your forearm with the other hand. Place the base of the MSD-Band Bar on the table. Push your wrist downward and away from your body.



Wrist Radial Deviation

Hold the MSD-Band Bar firmly at one hand, while stabilizing your forearm with the other hand. Place the base of the MSD-Band Bar on the table. Pull your wrist upward and toward your body.

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3/6



Thumb Abduction

Hold the MSD-Band Bar firmly at the base, your thumb on the same side as your fingers. Push your thumb inward.



Thumb Adduction

Hold the MSD-Band Bar firmly at the base, your thumb wrapped around it, as if you were holding a glass. Push your thumb outward.



Thumb Flexion

Hold the MSD-Band Bar firmly with your thumb on top. Push the bar down with your thumb.

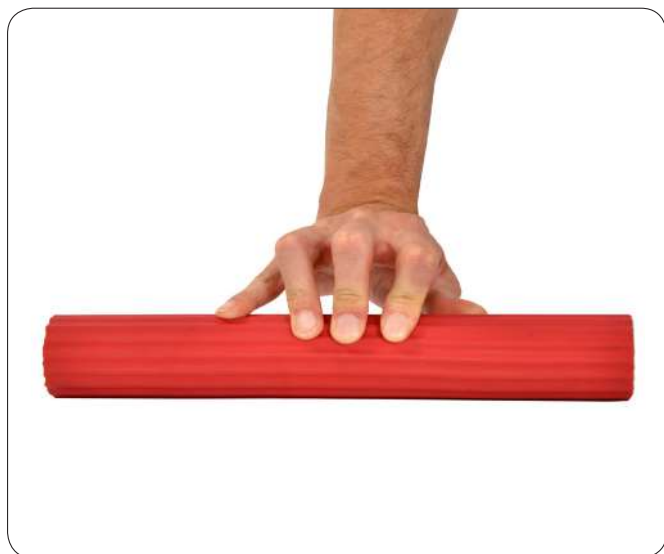


Elbow Oscillation

Hold the MSD-Band Bar firmly at the base. Oscillate the MSD-Band Bar while keeping your wrist, elbow and shoulder steady. You can repeat this exercise while holding the MSD-Band Bar overhead, as if you were the Statue of Liberty. This can be even more challenging when standing on one leg and maintaining balance.

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4/6



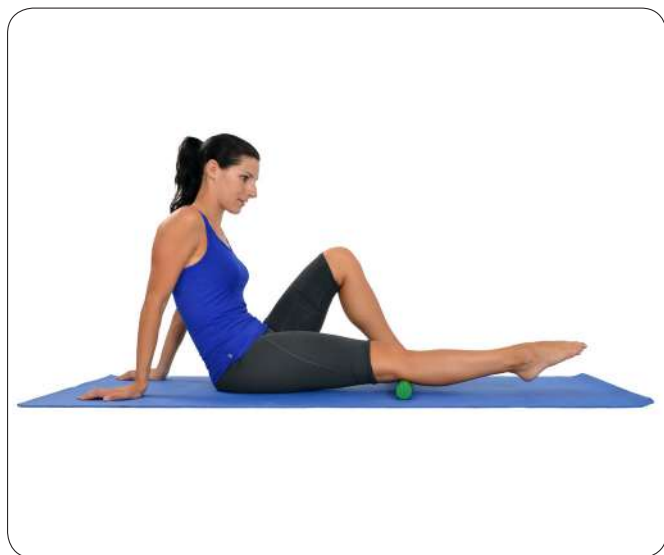
Finger Extension Mobilization

Place the MSD-Band Bar on the table. Place your fingertips on the MSD-Band Bar, pushing them into the MSD-Band Bar, applying overpressure.



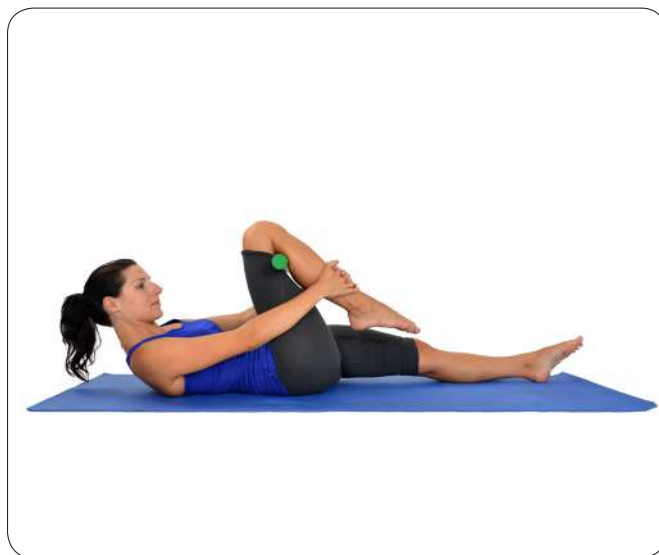
Finger Flexion Mobilization

Place the MSD-Band Bar on the table. Bend your fingers, placing your fingernails on the MSD-Band Bar, pushing them into the MSD-Band Bar, applying overpressure.



Terminal Knee Extension

Place the MSD-Band Bar under your knee. Tighten your thigh muscle while lifting your heel of the exercise mat.



Knee Flexion Mobilization

Place the MSD-Band Bar in the fold of your leg. With both hands, pull your shin towards you, applying overpressure.

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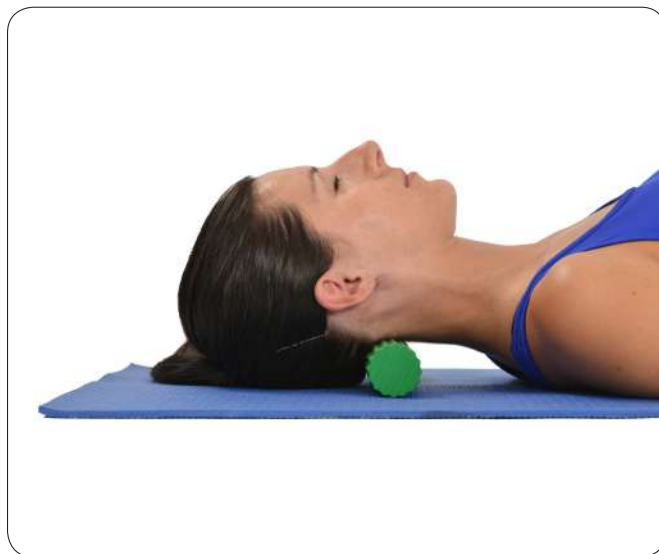
5/6





Hand Soft Tissue Mobilization

Place the MSD-Band Bar on the table. Roll the palmar surface of your hand over the MSD-Band Bar from wrist to fingers and back.



Cervical Soft Tissue Mobilization

Place the MSD-Band Bar underneath the base of your skull. Gently push your head backward into the MSD-Band Bar.



Elbow Flexion Mobilization

Place the MSD-Band Bar in the fold of your arm. With your other hand, hold your wrist and pull your arm towards you, applying overpressure.



Foot Soft Tissue Mobilization

Place the MSD-Band Bar on the floor. Roll your foot over the MSD-Band Bar from heel to toes and back.

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6/6

