

## **FINGER & FOREARM REHAB TOOL - PRODUCT MANUAL:**

Below are suggestions on how training with the tool can be done. Just adjust the number of repetitions and intervals between training sessions depending on the goals you have with the training.

A rule of thumb is to adhere to 15–20 repetitions<sup>1</sup> during concentric<sup>2</sup> training and we recommend that the exercise is performed with 2–3 sets<sup>3</sup>. The recommended interval is every two to three days ie 2-3 times per week.

For eccentric<sup>4</sup> training, you should stick to between 5 and 10 repetitions and it is usually enough with 1-2 sets. Also, be aware that in eccentric training you should not exercise too often, as it takes longer to recover. The recommended interval is once a week to begin with. When you start getting used to the exercise, you can increase to 2 times a week.

### **Övningsexempel / Exercise suggestions**



**1** 1. Startläge - greppa redskapet som i exemplet ovan.  
1. Starting point - hold the tool as suggested above.

**2** 2. Kläm ihop redskapet med fokus på fingertopparna. Håll gärna kvar i detta läge under någon sekund. Återgå till startläget och upprepa.  
2. Squeeze the tool and keep focus on the fingertips. Hold for a second or two in this position. Return to the starting point and repeat.

**3** 3. Ett alternativt sätt att träna på. Fokus här ligger på att använda hela fingrarna istället för fingertopparna.  
3. An additional way to exercise on. The focus here is on using your entire fingers instead of just your fingertips.

<sup>1</sup> Repetitions = Number of times you perform the exercise consecutively on a single occasion.

<sup>2</sup> Concentric = The part of the exercise movement that starts from the starting position until you reach the end position. For example, when something is completely compressed or vice versa is completely extended, depending on the type of exercise.

<sup>3</sup> Set = The number of rounds that you perform the exercise with rest between each training session.

<sup>4</sup> Eccentric = When you slowly stop the load from the end position of an exercise (where you tighten the muscles to the maximum) until you are back in the starting position. Normally, it is recommended that the movement takes between 5–10 seconds in each individual repetition.