

Forearm Exercise Guide

RE-ARM Exercises

Basics

All exercises can be done seated or standing.

Seated: Sit comfortably, with subject forearm supported in a horizontal position on your knee or the arm of a chair, and the hand holding RE-ARM unsupported.

Standing: Stand comfortably and raise and extend your arm to a horizontal position.

Before starting an exercise, load the Weight Arm by placing the desired number of weights. To load and unload weights, simply depress the spring button and slide the weight into the desired position.

RE-ARM Exercises can be performed in Concentric and Eccentric movements.

PART 1 FORE-ARM EXERCISES – CONCENTRIC MOVEMENT

Concentric movement exercises, where the weight starts in a low position and finishes in a higher position. RE-ARM enables the most prescribed forearm exercises - Flexion, Extension, Pronation, Supination, Radial Deviation, and Ulnar Deviation – to be performed in concentric movement.

General Method for Concentric Exercises

Weight Arm Position

All Concentric exercises start with weight arm pointing in a DOWNWARD direction, and end with the weight arm rotated slightly above horizontal.

Action

- **Grip** RE-ARM as shown in the individual exercise description.
- **Raise** the weight arm with a controlled movement. As the weight arm reaches the end position, a point just past the horizontal plane, gravity causes the weight to slide and make an audible click. The click indicates that you have reached the end of the range of motion (e-ROM). Adjust your grip as necessary to ensure RE-ARM clicks at this position.
- **Return** weight arm to the starting position to complete one exercise repetition. This counts as one complete rep. You will hear a reset click as the weights are reset for the next rep.
- **Repeat** the exercise the prescribed number of times.

Adjustments

If the weight arm reaches e-ROM without clicking, a slight grip adjustment is necessary. For Supination, Pronation, Radial Deviation, and Ulnar Deviation, adjust the hinge angle by pushing the button and moving the pointer one increment to the left or right. For Flexion and Dorsiflexion, loosen your hold on the Grip Handle, rotate RE-ARM upwards slightly, then tighten your grip and try again. Alternatively, keeping the grip unchanged, make a slight angular adjustment away from the horizontal plane. The click should always occur when the hand has reached the end of its range of motion (e-ROM) and can travel no farther in the desired direction.

FLEXION

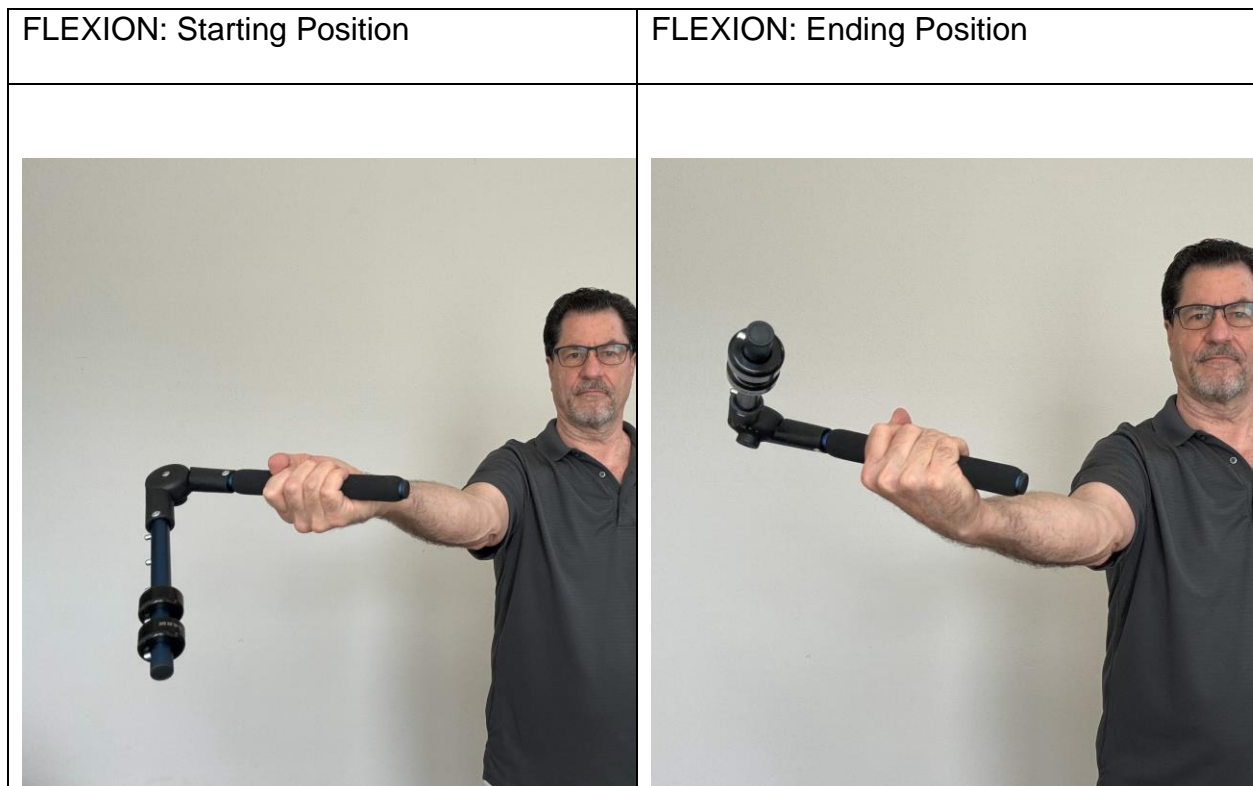
Starting Position

Adjust the hinge to **Position 1** and load the desired weight. Take a PALM UP grip, with the weight arm pointing downwards as shown in the picture below on the left.

Action

Slowly rotate the weight arm upwards by bending at the wrist and bringing your palm upwards and towards you. Stop when you hear a click, indicating you have reached e-ROM, as shown in the picture below on the right.

Slowly return to the starting position to complete the rep. Repeat the prescribed number of times.



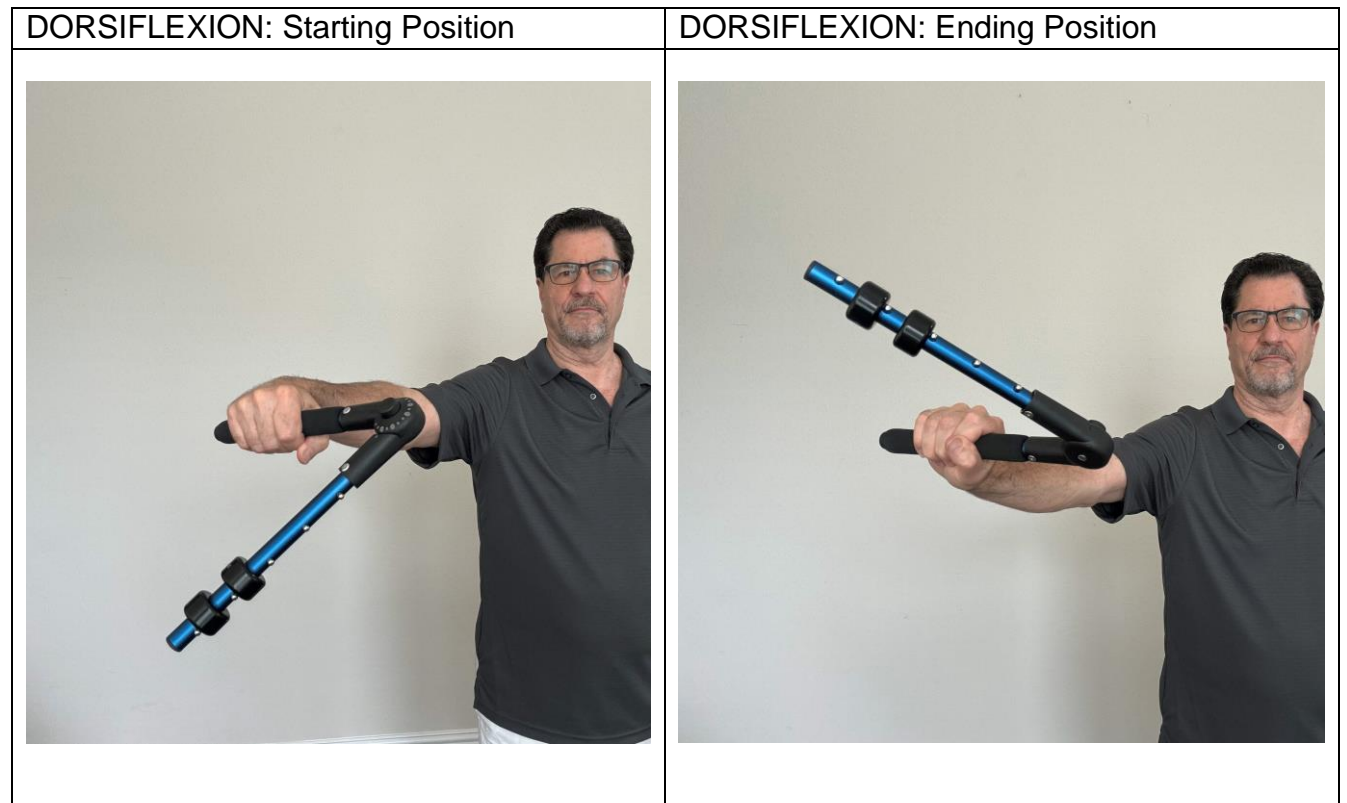
DORSIFLEXION

Starting Position

Adjust the hinge to **Position 1** and load the desired weight. Take a **PALM DOWN** grip, with the weight arm pointing downwards as shown in the picture below on the left.

Action

Slowly rotate the weight arm upwards by bending at the wrist and bringing the back of your hand upwards and towards you. Stop when you hear a click, indicating you have reached e-ROM, as shown in the picture below on the right. Slowly return to the starting position. This is one complete rep. Repeat the prescribed number of times.



SUPINATION

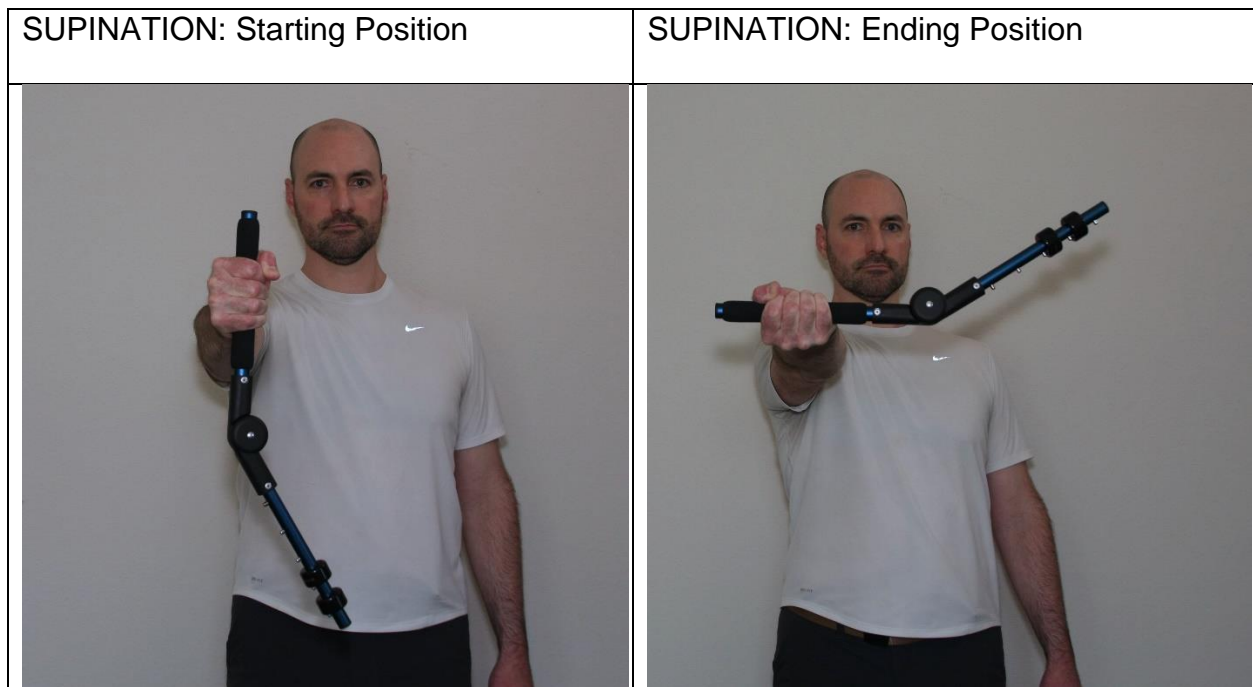
Starting Position

Adjust the hinge to **Position 3** and load the desired weight. Take a PALM IN (hammer) grip, with the weight arm pointing downwards as shown in the picture below on the left.

Action

Slowly raise the weight by rotating palm UPWARD. Stop when you hear a click, indicating you have reached e-ROM, as shown in the picture below on the right.

Slowly return to the starting position. This is one complete rep. Repeat the prescribed number of times.



PRONATION

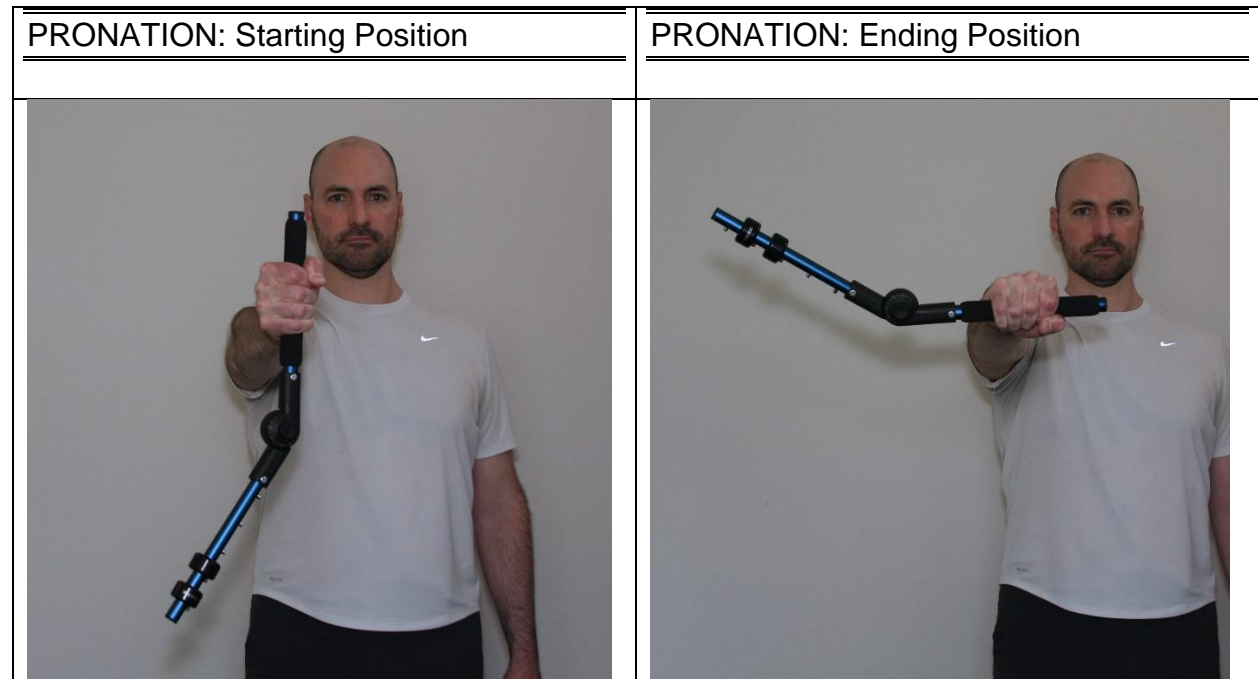
Starting Position

Adjust the hinge to **Position 3** and load the desired weight. Take a PALM IN (hammer) grip, with RE-ARM pointing downward, as shown in the picture below on the left.

Action

Slowly raise the weight by rotating palm DOWNWARD. Stop when you hear a click, indicating you have reached e-ROM, as shown in the picture below on the right.

Slowly return to the starting position. This is one complete rep. Repeat the prescribed number of times.



RADIAL DEVIATION

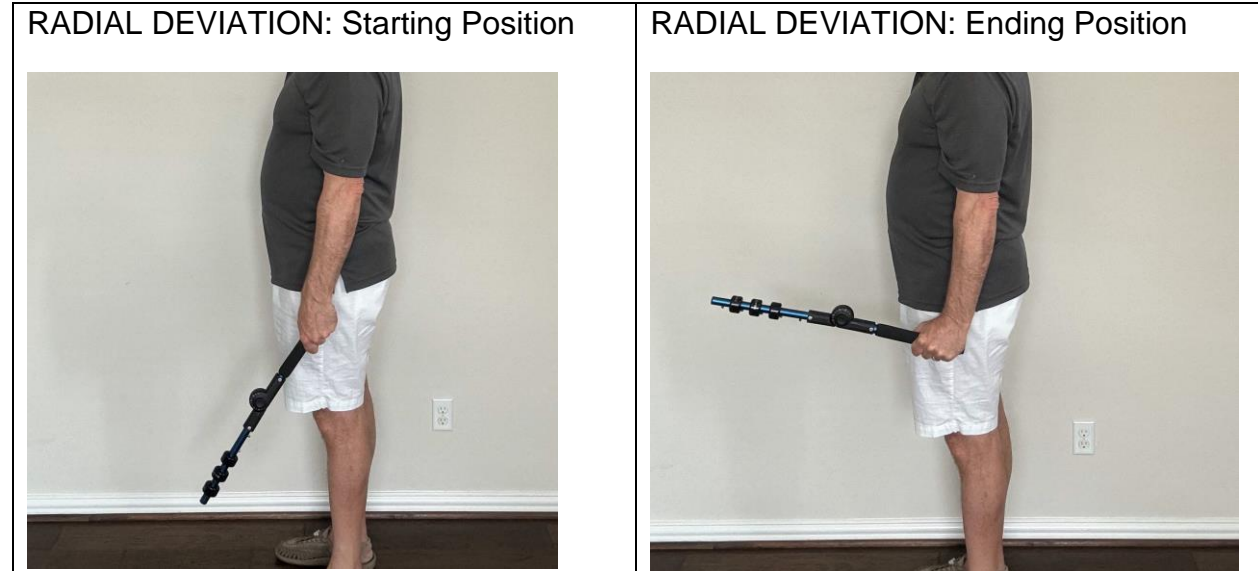
Starting Position

Adjust the hinge to **Position 4** and load the desired weight. Take a PALM IN (hammer) grip, with RE-ARM pointing downward, as shown in the picture below on the left.

Action

Slowly raise the weight by bending UP at the wrist, rotating the weight arm away from your elbow. Stop when you hear a click, indicating you have reached e-ROM, as shown in the picture below on the right.

Slowly return to the starting position. This is one complete rep. Repeat the prescribed number of times.



ULNAR DEVIATION

Starting Position

Adjust the hinge to **Position 1** and load the desired weight. Take a PALM IN (hammer) grip, with RE-ARM pointing downward, as shown in the picture below on the left.

Action

Slowly raise the weight by bending DOWN at the wrist, rotating the weight arm towards your elbow. Stop when you hear a click, indicating you have reached e-ROM, as shown in the picture below on the right.

Slowly return to the starting position. This is one complete rep. Repeat the prescribed number of times.

