

Bob  
AND  
Brad

# GRIP & FOREARM STRENGTHENER



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The Bob and Brad **Grip & Forearm Strengthener** was developed by Bob Schrupp and Brad Heineck, the two most “famous” physical therapists on the internet.

Go to [BobandBrad.com/GRIPSTRENGTH](http://BobandBrad.com/GRIPSTRENGTH) to view their list of videos demonstrating exercises one can perform with the **Grip & Forearm Strengthener**.

You will also want to subscribe to their YouTube channel, Physical Therapy Video, where they provide daily videos on how to stay healthy, fit, and pain-free.

# Three Grip & Forearm Strengthening Exercises

There are 3 main exercises to be performed with the Grip & Forearm Strengthener

## Finger and Wrist Flexion

***ALL EXERCISES ARE PERFORMED IN A SEATED POSITION.***

Slide the preferred number of loops under your feet until they are touching your heels. Shoes should always be worn. Move your legs apart approximately 12-18 inches in width.

With your palms facing up grasp the handles of the unit and brace the bottom of your forearms against your inner thighs. The only movement should be coming from your wrists and fingers.

Start the exercise by curling your wrists and hands up toward the ceiling. If preferred, you can also allow the handle to roll down your fingers and then curl your fingers and the wrist into flexion.

Repeat 8-12 repetitions for one set of exercises.

Perform 3 sets of each exercise every other or every third day.



***ALL EXERCISES ARE PERFORMED IN A SEATED POSITION.***

The amount of resistance provided during any exercise with the Grip & Forearm Strengthener can be determined by the number of band loops used. You can use one loop around both feet or one loop around just one foot. You can also perform exercises with one loop around each foot, two loops around each foot, or one loop on one foot and two loops around the other. Moving your legs apart increases the resistance.



## Wrist Medial Deviation or Radial Deviation

**ALL EXERCISES ARE PERFORMED IN A SEATED POSITION.**

Slide the preferred number of loops under your feet until they are touching your heels. Shoes should always be worn. Move your legs apart approximately 12-18 inches in width.



With your palms facing in towards each other grasp the handles of the unit and brace the bottom of your forearms against your inner thighs. The only movement should be coming from your wrists. Flex your hands up toward the ceiling (thumb side).

Repeat 8-12 repetitions for one set of exercises.

Perform 3 sets of each exercise every other or every third day.



## Wrist Extension

**ALL EXERCISES ARE PERFORMED IN A SEATED POSITION.**

Slide the preferred number of loops under your feet until they are touching your heels. Shoes should always be worn. Move your legs apart approximately 12-18 inches in width.

With your palms facing down grasp the handles of the unit and brace the bottom of your forearms against your inner thighs. The only movement should be coming from your wrists. Start the exercise by curling your wrists up toward the ceiling.

Repeat 8-12 repetitions for one set of exercises.

Perform 3 sets of each exercise every other or every third day.

# IMPORTANT SAFETY INFORMATION

## **⚠️ READ AND FOLLOW ALL INSTRUCTIONS AND WARNINGS**

Consult your physician before beginning any exercise program. As with any exercise program, muscle soreness may be experienced over the first few days. If your pain is severe or persists for more than 3 or 4 days, consult your physician or therapist. Do not exercise while experiencing pain.

**WARNING!** If you experience sharp pain, shortness of breath, dizziness or light-headedness with any of these exercises, **STOP** exercising immediately and contact your healthcare provider.

### **USING RESISTANCE BANDS**

Resistance bands may be made of natural rubber containing latex, which may cause allergic reactions in some people. If you are allergic to latex, avoid using resistance bands made from natural rubber.

### **INSPECT BANDS BEFORE EACH USE**

Check for cuts, nicks, scratches, cracks, punctures, discoloration, or anything that looks like the band may be weakened. If any flaws are discovered discard the band immediately.

*Never attempt to repair a damaged band.*

### **AVOID DAMAGING RESISTANCE BANDS**

- Keep sharp objects away. Remove rings before using bands. Keep sharp fingernails away.
- Begin each exercise slowly to test band strength. Use smooth, controlled movements. Avoid jerking the band.
- Avoid over-stretching the bands. Never stretch a band more than 2.5 times its relaxed length.

### **CHILDREN AND RESISTANCE BANDS**

Resistance bands are not toys and must be used only for their intended purpose. To avoid possible injury to children,

- Allow children to use resistance bands only with adult supervision.
- When not in use store grip strengthener away from heat or direct sunlight.
- A young child could get caught in the loop and strangle.

### **AVOID INJURY**

- Grip Strengthener must be used in a seated position.
- Shoes must be worn to use the Grip Strengthener.
- The band loops should be secured under feet before beginning exercise.
- Make sure others are clear of the area before using bands.
- Always return band to its relaxed state before releasing.
- Never release a band under tension (stretched) – it could snap back and injure you or someone else.
- Avoid using resistance bands to support your body weight. Always exercise from a stable position.
- The grip strengthener should not be used to perform bicep curls or tricep strengthening.