

You just completed your KAMS assessment. Now what? Well first, a quick review! You just completed a movement screen where we used computer vision to map out your movements and flagged any joints with either a mobility or stability deficit. Knowing this information helps us to help you better. We can get you the right information based on your unique needs so that you will be better PREPARED for work.



Let us take a quick step back and better define the difference between MOBILITY and STABILITY. Picture your front door. The door's ability to open and close is its MOBILITY. The STABILITY of the door comes from the hinges. We want to make sure that our doors open all the way and does so as smoothly as possible. That's what we want for you! Having great mobility and stability allow you to work at your best without dealing with aches and pains (or creaky doors). This assessment helps us identify specific areas and give you the tools to keep your body humming!

WRIST

Mobility

Stability

PRAYER STRETCH

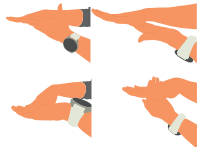
Position hands in front of the body, palm to palm. Keeping palms pressed together, lower your hands to feel a stretch through the wrists.



20sec

4-WAY WRIST ISOMETRIC

Keep wrist in neutral position, use opposite hand to give resistance onto the pinkie side, the back, the palm, and the thumb side of the hand. Hold 5 sec.



10times

REVERSE PRAYER STRETCH

Position hands in front of the body, with back of hands together. Keeping them pressed together, elevate your hands to feel a stretch through the wrists.



20sec

FINGER EXTENSIONS

Wrap a rubber band around all your fingers at the last knuckle. Spread your fingers out as far as you can then return to the starting position. Repeat!



20sec

WRIST CIRCLES

With elbows bent and hands clasped together, rotate the wrists in a circle clockwise, then counterclockwise.



20sec

BALL SQUEEZES

Hold a soft ball in your palm and squeeze it as hard as you can. Repeat 10-15 times on each hand.



10sec

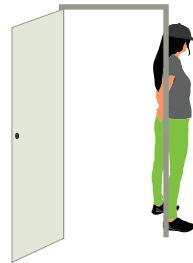
ELBOW

Mobility

Stability

BICEP STRETCH ON WALL

With elbow slightly bent, place your palm on a door frame or wall. Turn away from your arm, extending your arm behind you to feel a stretch in the front of the shoulder and chest.



20sec

BICEP CURL

Keep your elbows locked in to your sides, shoulders in neutral position, shoulder blades pinched slightly. Bend your elbows, bringing your palms toward your shoulders. Hold briefly, then slowly lower.



20sec

WRIST FLEXOR & EXTENSOR STRETCH

Extend your arm out straight and use your opposite hand to pull the top of the hand down to stretch the top of the forearm. Repeat on the other side.



20sec

WRIST STRENGTHENING ISOMETRIC

Position your arm at your side, elbow locked into body. Bend your elbow 90 degrees and keep a neutral forearm and wrist position. Hold enough resistance to feel fatigue but not pain. Repeat 1-5 times.



60sec

ACTIVE FOREARM RELEASE

Take up all the slack from your forearm muscles with your opposite hand. Then with the arm straight and palm up, use another object (wall, shelf, etc) to stretch the wrist into extension.



20sec

ROWS

With tubing secured, pull the resistance band back, leading with your elbows and squeezing your shoulder blades together. Hold briefly, then return to the starting position. Make sure you keep your shoulders set down and away from your ears for good posture.



15reps

Prior to starting any fitness program, check with your physician to make sure you are healthy enough to begin an exercise routine.