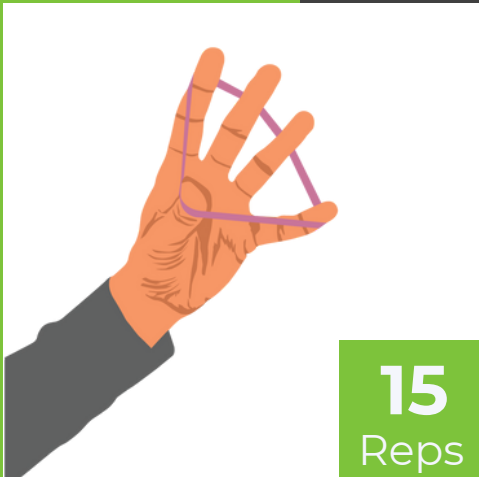


GRIMM'S LIMB STRENGTHENERS

There are a few different ways to strengthen a muscle but studies have shown that isometric and eccentric exercises are effective and beneficial forms of exercises to prevent an injury and even rehabilitate a muscle once the discomfort has set in.



15
Reps

Finger Extension with Rubber Band

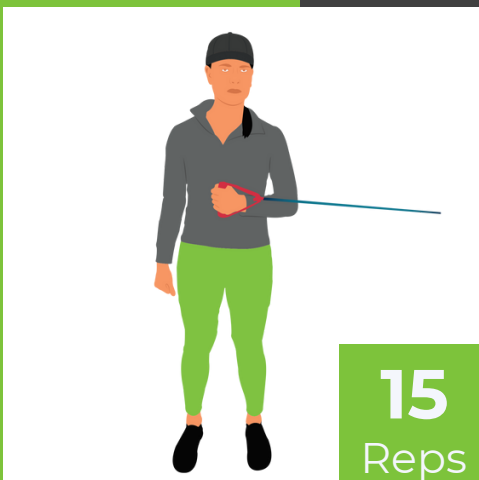
Wrap band around first knuckle. Pull out. Hold briefly, then slowly close the fingers together. Repeat.



15
Reps

Shoulder External Rotation with Band

Begin with elbows locked at your side, and arms pointed straight ahead. Rotate your arms out to the side while squeezing your shoulder blades together. Hold briefly. Return to starting position.



15
Reps

Shoulder Internal Rotation with Band

Stand with the involved elbow fixed at your side. Bend your elbow to 90 degrees and rotate the arm into the body, keeping the elbow at your side. Return to start position slowly with good control.



15
Reps

Single Arm Press

Start with your arm positioned at roughly 45 degrees from your side, press the band straight up. Keep thumb pointed back. Control the motion on the way down.



5
Reps

Wrist Extension Isometric with Band

Position your arm at your side, elbow locked into body. Bend your elbow 90 degrees and keep a neutral forearm and wrist position, palm down. Hold enough resistance to feel fatigue but not pain. Hold for 30 seconds.

Sam Grimm,
MAT, ATC, LAT

