

Forearm Up

Starting Positions

PIC: Forearm Up position

Coach: Standing on the PIC's side, facing the PIC and holding onto the back of a chair for balance. (ALWAYS USE A CHAIR!!!)

Weight

The Coach uses the arch of the foot to add weight straight down, about one inch below the PIC's elbow.

The Lock

The PIC locks by pulling the toes toward the head, pushing out with the heels and sweeping the opposite arm to a "T" position, with the fingers pointing up and the palm facing away from the body, as if making a "stop sign."

The Technique

After weight is added, the PIC stretches out the hand, palm, fingers and thumb as far as possible and then slowly waves each finger, as if making a slow, rippling wave. Wave each finger and the thumb individually, looking for tender areas and stretching them out. Remember, each stretch is

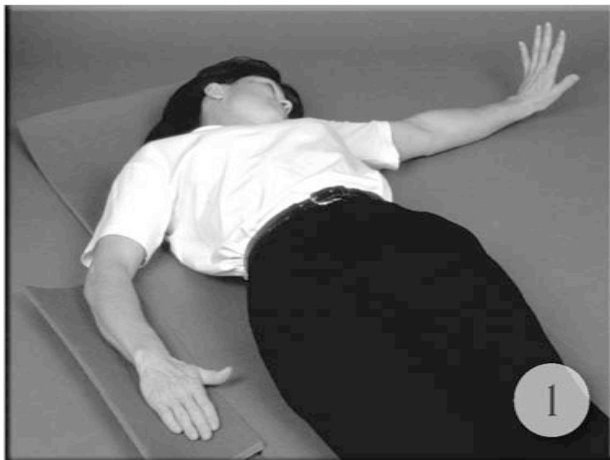
done slowly. If the PIC finds a spot or finger that's particularly difficult or painful, stay with that spot and keep waving it slowly, stretching it as much as possible. Do the wave for 10 seconds, and then the Coach removes weight.

Special Instructions

Adding weight on the palm up side of the forearm is usually little less painful than adding weight on the top side. The PIC can usually take more weight here.

Repetitions

Do Forearm Up three times, with the Coaching adding weight 1/4-inch farther away from the elbow each time.



Forearm Down

Starting Positions

PIC: Forearm Down position

Coach: Standing on the PIC's side, facing the PIC.

Weight

The Coach uses the arch of the foot to add weight straight down, about one inch below the PIC's elbow.

The Lock

The PIC locks by pulling the toes toward the head, pushing out with the heels and

sweeping the opposite arm to a "T" position, with the fingers pointing up and the palm facing away from the body, as if making a "stop sign."

The Technique

After weight is added, the PIC stretches out the hand, palm, fingers and thumb as far as possible and then slowly waves each finger, as if making a slow, rippling wave. Wave each finger and the thumb individually, looking for tender areas and stretching them out. Remember, each stretch is done slowly. If the PIC finds a spot or finger that's particularly difficult or painful, stay with that spot and keep waving it slowly, stretching it as much as

possible. Do the wave for 10 seconds, and then the Coach removes weight.

Special Instructions

Adding weight on the top of the forearm is usually a little more painful than adding weight on the bottom side, so be aware that the PIC may not be able to take as much weight as with the previous technique, Forearm Up.

Repetitions

Do Forearm Down three times, with the Coaching adding weight 1/4-inch farther away from the elbow each time.