



### Best exercise against Golfer's Elbow

Hold the MoVeS Bar horizontally and face the palms of your hand against each other while one hand going upward, the other downward. Hold the MoVeS Bar firmly and twist the bar so both elbows are down.

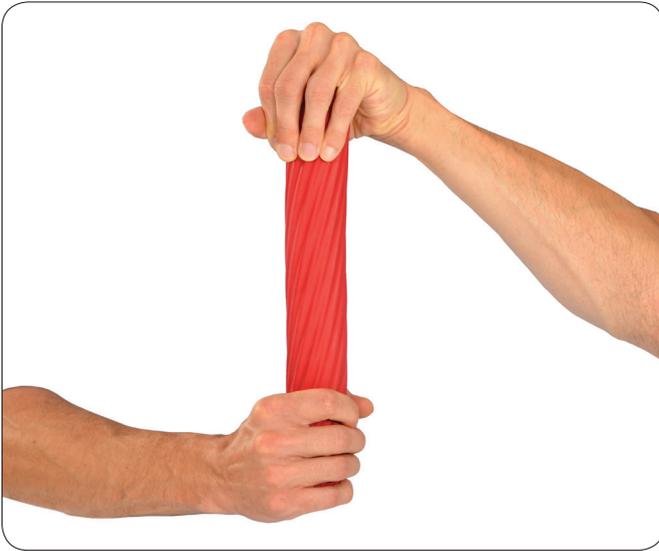


### Best Exercise against Tennis Elbow

Hold the MoVeS Bar vertically and face the palms of your hands against each other. Hold the MoVeS Bar firmly and twist the bar while turning it horizontally. In the final position the bar is twisted and the back of your hands are pointing upwards.

More exercises on [www.moves-band.com](http://www.moves-band.com), [f](#) and [y](#)

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### Grip Strength

Hold the MoVeS Bar firmly at the base. Place your hand on top of the MoVeS Bar and twist both left and right, as if you were opening or closing a jar.



### Wrist Flexion/Extension

Hold the MoVeS Bar firmly with one hand while twisting the MoVeS Bar upward and downward, as if you were riding a motorcycle.



### Shoulder Adduction

Hold the MoVeS Bar firmly with both hands. Move your elbows toward your body, bending the bar into a horse-shoe shape.



### Shoulder Abduction

Hold the MoVeS Bar firmly with both hands. Move your elbows upward, bending the bar into a U-shape



### Wrist Pronation

Hold the MoVeS Bar firmly at one hand, while stabilising your forearm with the other hand. Place the base of the bar on the table and rotate your palm downward, bending the bar in a C-shape.



### Wrist Supination

Hold the MoVeS Bar firmly at one hand, while stabilising your forearm with the other hand. Place the base of the bar on the table and rotate your palm upward, bending the bar in a reversed C-shape.



### Wrist Ulnar Deviation

Hold the MoVeS Bar firmly at one hand, while stabilising your forearm with the other hand. Place the base of the bar on the table. Push your wrist downward and away from your body.



### Wrist Radial Deviation

Hold the MoVeS Bar firmly at one hand, while stabilising your forearm with the other hand. Place the base of the bar on the table. Pull your wrist upward and toward your body.



### Thumb abduction

Hold the MoVeS Bar firmly at the base, your thumb on the same side as your fingers. Push your thumb inward.



### Thumb adduction

Hold the MoVeS Bar firmly at the base, your thumb wrapped around it, as if you were holding a glass. Push your thumb inward.



### Thumb Flexion

Hold the MoVeS Bar firmly with your thumb on top. Push the bar down with your thumb.

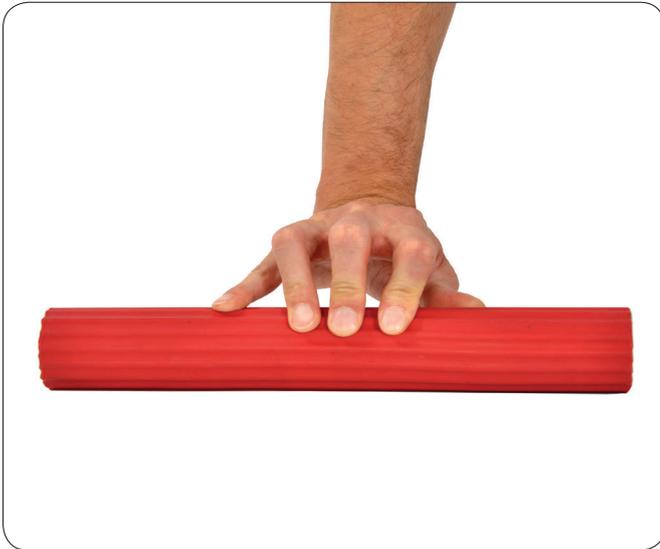


### Elbow Oscillation

Hold the MoVeS Bar firmly at the base. Oscillate the bar while keeping your wrist, elbow and shoulder steady. You can repeat this exercise while holding the bar overhead, as if you were the Statue of Liberty. This can be even more challenging when standing on one leg and maintaining balance.

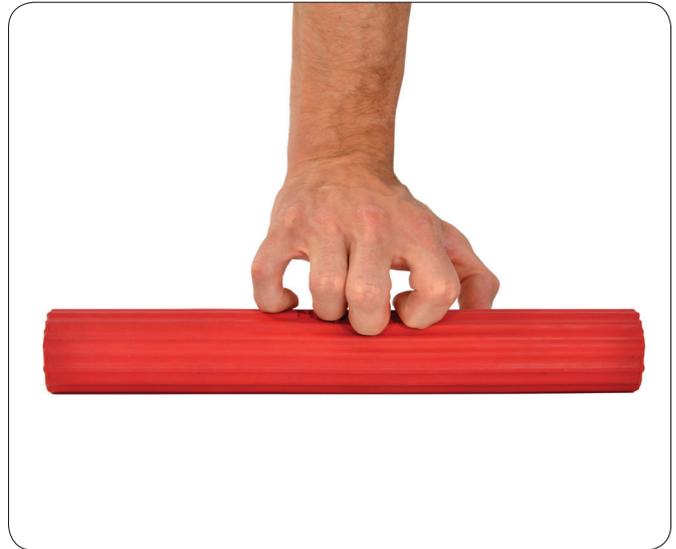
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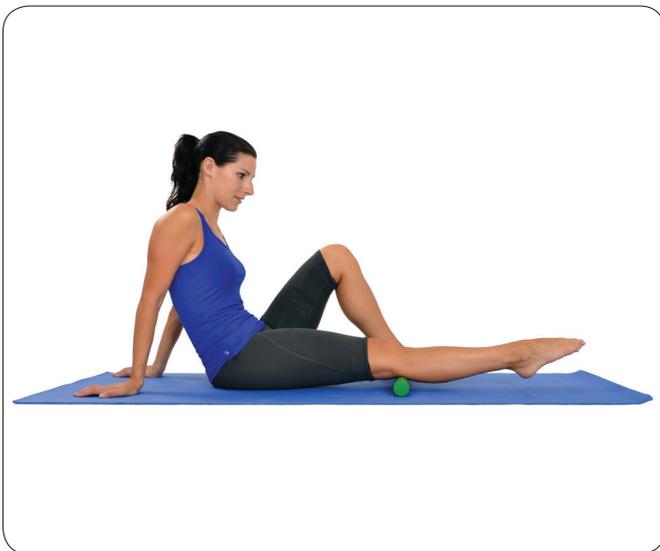
### Finger Extension Mobilization

Place the MoVeS Bar on the table. Place your fingertips on the bar, pushing them into the MoVeS Bar, applying overpressure



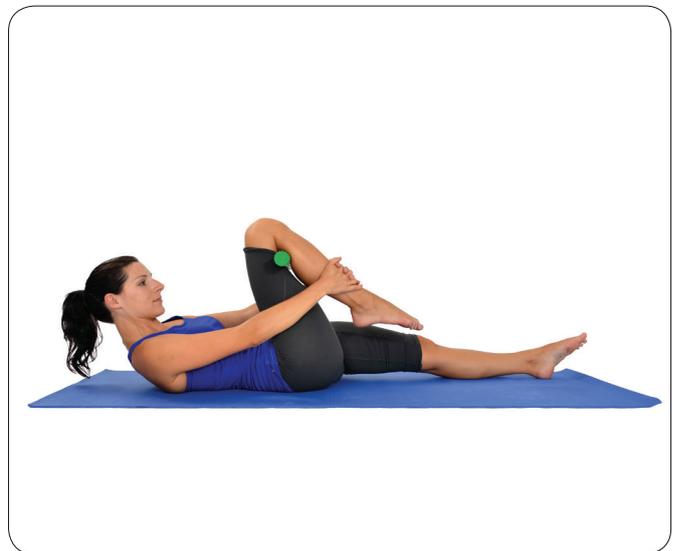
### Thumb adduction

Place the MoVeS Bar on the table. Bend your fingers, placing your fingernails on the bar, pushing them into the MoVeS Bar, applying overpressure.



### Terminal Knee Extension

Place the MoVeS Bar under your knee. Tighten your thigh muscle while lifting your heel of the exercise mat.



### Elbow Oscillation

Place the MoVeS Bar in the fold of your leg. With both hands, pull your shin towards you, applying overpressure.

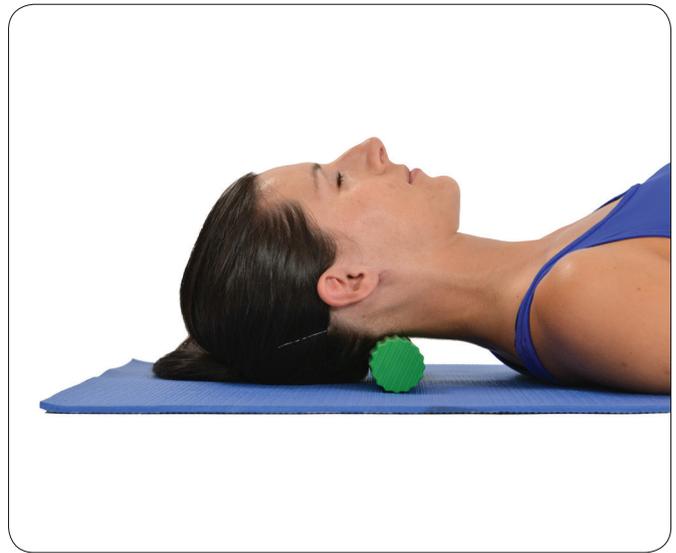
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### Hand Soft Tissue Mobilization

Place the MoVeS Bar on the table. Roll the palmar surface of your hand over the MoVeS Bar from wrist to fingers and back.



### Cervical Soft Tissue Mobilization

Place the MoVeS Bar underneath the base of your skull. Gently push your head backward into the MoVeS Bar.



### Elbow Flexion Mobilization

Place the MoVeS Bar in the fold of your arm. With our other hand, hold your wrist and pull your arm towards you, applying overpressure.



### Foot Soft Tissue Mobilization

Place the MoVeS Bar on the floor. Roll your foot over the bar from heel to toes and back.