

A Guided Exercise List - Page 1

Important: If anything hurts, don't do it. Always start slowly.

The Franklin Method® uses dynamic imagery, embodied biomechanics and somatosensory awareness to create safe and healthy movement as well as optimal function for life.

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| 1 | Perform some full-body tapping and shaking. |
| 2 | Spend one minute focusing on the body. |
| 3 | Move the shoulders: Elevation, depression, protraction and retraction, arm elevation. Combine this with positive self talk: "My shoulders are relaxed, comfortable and functional." |
| 4 | Move the shoulder joint (glenohumeral): Flexion, extension, abduction, adduction, internal and external rotation. |
| 5 | Elbow movement: Flexion, extension, pronation and supination. |
| 6 | Wrist movement: Flexion, extension, ulnar and radial deviation. |

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| 7 | Exercise the wrists and hands: Stretch the arms forward. Fingers stretched and pointing up. Supinate the lower arm so that the fingers point down, flex the wrist and fingers, then pronate and extend the wrist and fingers. Repeat. |
| 8 | Rub the wrist retinaculi on both the extensor and flexor sides. |
| 9 | Rub the palmar aponeurosis transversely and longitudinally. |
| 10 | Feel the skin hinges in the palm of your hand. |
| 11 | Bend, stretch, abduct and adduct the fingers. |
| 12 | Opposition exercise: Touch all the other fingertips with the tip of the thumb. |

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| 13 | Visualize the egg-shaped joint of the wrist: When bending the wrist, the “egg” shifts dorsally, and it moves ventrally when stretching. |
| 14 | During radial deviation, the triquetrum bone can be felt on the ulnar side of the wrist. |
| 15 | During ulnar abduction, the scaphoid can be felt on the radial side of the wrist. |
| 16 | Carno-metacarpal joints 2 and 3 are stiff, while 1, 3 and 4 can oppose. This makes it very convenient to embrace something with your hand. |
| 17 | Imagine the thumb joint in motion. Flexion/extension: The rider slides sideways off the saddle. Abduction/adduction: the rider falls forward/back in the saddle. |
| 18 | Massage the thenar eminence/thenar and the hypothenar eminence with your fingers, a cork or a ball. This will help prevent arthritis of the thumb. |

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| 19 | Shake your arms, wrists and hands to the front, up and to the side. |
| 20 | With your hands facing each other, practice doming the hands. |
| 21 | Stretch and strengthen the fingers by pressing the fingertips against each other. |
| 22 | Alternate between the two exercises above. |
| 23 | Wrist strengthening: Extend, flex, ulnarly and radially deviate the wrist with a water-filled ball in your hand. |
| 24 | Weave a band through the fingers, then flex, extend, abduct and adduct the fingers. |

Franklin Method®: The Hand in Motion



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| 25 | Place a small ball between each finger. Let the ball stretch your fingers, but also aim to adduct the fingers against the ball. |
| 26 | Massage the palmar fascia with a purple ball or a cork. |
| 27 | Perform shoulder sponging while reaching and grasping with your arm and hand on the same side. |
| 28 | Sponge your neck then reach and grasp with your arm and hand. Tap your gluts and back 4 times each while jumping. |
| 29 | Jump up and down, and cheer for yourself. |

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