



Thumb Abduction

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



Thumb Adduction

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



Thumb Flexion

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



Elbow Oscillation

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