



Finger Extension Mobilization

Place the MSD-Bar on the table. Place your fingertips on the MSD-Bar, pushing them into the MSD-Bar, applying overpressure.



Finger Flexion Mobilization

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



Terminal Knee Extension

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



Knee Flexion Mobilization

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