



Portable Fingerboard Exercises

Portable Hangboard Isometrics



Setup: To perform this exercise, you will need a portable fingerboard and an added weight. Connect the portable fingerboard to the added weight. Begin by selecting the grip to perform the exercise.

Movement: Use the portable fingerboard to lift the weight off of the ground, and hold for the prescribed duration of time. Lower the fingerboard and weight down to the ground.

Tip: Make sure to keep your shoulders pulled back and your neck soft. You can perform this exercise with a selection of holds and edge depths. For example, a 10 mm edge, a 20 mm, a two-finger pocket, a pinch, or a one-finger pocket.

Portable Hangboard Eccentrics



Setup: To perform this exercise, you will need a portable fingerboard and either a cable or a strong resistance band anchored overhead. Connect the portable fingerboard to the cable or resistance band, making sure that it is secure. Begin by squatting down into a crouch with your arms straightened overhead.

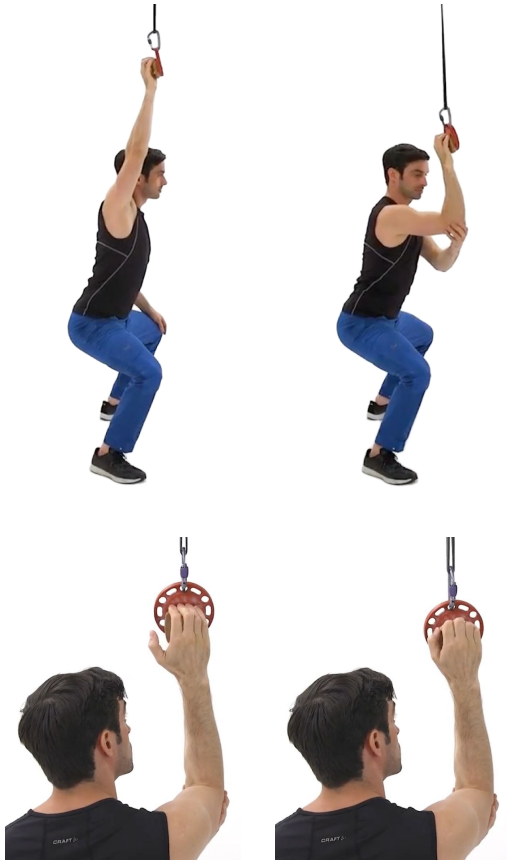
Movement: Lower your elbow to shoulder height. Use your opposite hand to pull the fingerboard downward toward your palm, then slowly straighten your fingers. The emphasis is on slowly opening up the grip, which produces an eccentric force on your finger flexor tendons. Pull the fingerboard down, then slowly straighten your fingers.

Tip: Make sure to use slow and controlled movements, focusing on the quality of the motion.



Portable Fingerboard Exercises

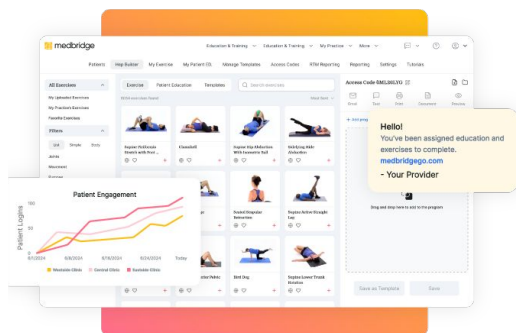
Portable Hangboard Concentrics



Setup: To perform this exercise, you will need a portable fingerboard and either a cable or a strong resistance band anchored overhead. Connect the portable fingerboard to the cable or resistance band, making sure that it is secure. Begin by squatting down into a crouch with your arm straightened overhead.

Movement: Lower your elbow to shoulder height, and squeeze your fingers down toward your palm, and then straighten them while keeping a neutral wrist position.

Tip: Make sure to place the emphasis on curling your fingers, which produces a concentric force on the finger flexor tendons.



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Disclaimer: This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.