

Phase 3

The farmer's carry is a great exercise for strengthening your grip in a functional way. The last exercise in phase 3 is the banded cervical retraction, which is similar to the cervical exercises in phase 2. It strengthens the muscles that allow you to maintain an upright and neutral neck posture, which can reduce stress on the cervical nerve roots.

Phase 3

GOOD FOR:

- Strengthening the wrist and forearm muscles
- Preventing wrist pain and injury

GUIDELINES:

- Perform 3 or 4 days a week
- Do 3 sets of 10–15 reps
- Push sets to fatigue
- Tools: dumbbells, bench, resistance tube band

Add load or reps to increase difficulty

wrist flexor curl

Support your arm on a table so that your palm is facing up and only your hand is hanging over the edge. Holding a dumbbell, slowly extend your wrist, then flex (curl toward your body). Momentarily pause in the top position before transitioning to the next rep.



supinator and pronator curl

With your arm supported, hold one end of the dumbbell and rotate through pronation and supination. Keep your elbow on the table, isolate the movement through your wrist and forearm, and focus on slowly rotating from a palm-up to a palm-down position.



grip strengthener

Use a grip strengthening device (resistance hand gripper, finger exerciser, or grip ring) to improve forearm and hand strength. You can use any tool that provides resistance while closing your hand.



resisted finger extensor

Place your fingers in the holes of a finger extensor resistance exerciser, then splay and extend your fingers and thumb.



farmer's carry

Hold a heavy dumbbell at your side and walk 15–20 meters (or take 20–30 steps), then turn around and return to the starting point. Do this 3 times with each arm.



banded cervical retraction

Wrap a band around your head and hold it with both hands. Stretch the band to apply resistance on the back of your head. Start with your head forward and move it backward into retraction against the resistance.

