



## Finger Health 101

www.Verticaljunkie.com

### DESCRIPTION

You got enough to worry about on the wall, leave your finger troubles at home with this Easy As finger maintenance run through. Works really well as a split session day or a thorough finger warmup before a climbing session/climbing specific workout. It seems simple, but doing once a week as a habit will help mitigate injuries and encourage active rest and recovery.

### TECHNICAL NOTES

Its important **not** to place too much stress on the wrist or structures in the hand during this session. Most exercises should feel some tension, stretching or sliding/moving feelings in the structures but NOT pain. Reduce the pressure or ease off the position if any are very uncomfortable or unsustainable. If you have pain or specific finger injuries, consult your PT or the Vertical Junkie team for more specific advice.

### SESSION BREAKDOWN

Duration/Reps	EXERCISES	TRAINING NOTES
5 Reps	Prayer Extension Stretch into finger hyperextensions	Prayer Position - Lift palms away from each other as far as possible while keeping base of the fingers touching = 1 Rep.
5 Reps	Reverse Prayer Position with finger curls	Back of Hands touching with hands facing downwards. Bend the fingers in to try and touch the wrists.
20sec / position	4 Point kneel Three Hand Positions	4 Point kneel - Fingers facing forwards, fingers facing out, fingers facing backwards. Gently apply overpressure to each position.
10 Reps	Prone Lye With Bar Curl and wrist flex/ext	Lye on stomach with arms outstretched and holding a BAR palms down shoulder width apart. Bend the elbows bringing the bar over the back of your head. In this position, slowly flex and extend the wrist once each direction. Return the bar to the starting position = 1 REP.
10 Reps	Finger Full Crimp to open drag rolls on hangboard	While <b>STANDING</b> , Start in three finger drag position, slide the fingers up into half crimp, bringing the pinky on, then all the way into full crimp. Slowly reverse back out into three finger drag. Most of your weight will be on your feet, with only enough pressure on the hand to slightly apply tension on the hand through the range of motion.
5 Reps	Pencil Rolls	Hold a pencil in curled fingers. Without using the thumb, roll the pencil as far down the palm as possible and then roll back up to the starting position. If you drop the pencil - do 400 front levers.
1 * 10 sec/finger	Single Finger Extensions with Flexion Opposition Stretch (mono lumbrical tensions)	Using the opposite hand, stretch one finger back gently - then actively bend the remaining fingers into the palm. DON'T push into pain - only a strong stretch sensation in the palm and wrist.
1 * 10sec/pair	Pocket Pair standing with active finger flexion (paired lumbrical tensions)	Using the above technique, OR a hangboard, gently isolate and load each pair of fingers (pointer and middle, middle and ring, ring and pinkie). When loaded gently, curl the remaining fingers into the palm. Again DON'T push into pain.
3 Hangs Each Hand Position (6 total)	Density Hang ( <u>Half crimp and Open Hand position</u> ) 30 sec to failure.	Perform a SUSTAINED hang from an edge you can hold from between 20-30 seconds before feeling you are about to fail. (Estimate: Novice ~ 30mm, Intermediate ~ 20mm, Advanced < 20mm). Release the hang just before failure (dont slip off). REST 3 minutes between each hang (Suggest some Active Mobility Work). If you hold > 40 seconds, reduce the edge size or add a small amount of weight.
20 Reps 2 Sets.	Finger Rolls Bar / Dumbbell	Standing and Holding a bar (two hands) or dumbbell (one hand at a time) at the waist with straight arms. Slowly open the hand letting the weight roll onto the ends of the fingers, then curl the fingers bringing it back into the palm. Start with LOW weight and build as tolerated. If no bar - can use a bag handle or back pack filled handle with weight in the pack.
	FINISHED!	FINISHED!
Additional Exercises	Some other great finger workout ideas include:	Rubber Band Extensions, Rice Bucket Workouts, Theraputty, Claw isometrics, higher loaded eccentric curls and more! If you have specific finger issues you might need a specific rehab or progressive protocol - feel free to book in a Vertical Junkie PT session on the website.

## Volume Breakdown

<b>WORKOUT</b>	<b>Finger Health 101</b>		
<b>ELEMENTS</b>	Active Recovery and Injury Prevention		
<b>INTENSITY LEVEL</b>	<b>1</b>	<b>Combined Totals</b>	
<b>STRENGTH</b>	1	2	
<b>POWER</b>	0	1	
<b>ENDURANCE</b>	2	3	
		6	
<b>66% Supplemental Application</b>		4	<- VOLUME
<b>Reccommendation</b>	<p>Low Volume session, good for split session day to ensure finger health OR as a warmup/down from a climbing specific training session. AVOID doing on the SAME day as a hangboard routine or high intensity power (campus etc) training day.</p>		

<b>Workout Volume</b>
< 9 LOW
10-12 MODERATE
> 13 HIGH