- Using hand lotion, coat your entire forearm so that it is well lubricated.
- Using your opposite thumb, begin rubbing (stripping) the muscles up your arm in a straight line motion.
- Use only as much pressure as is comfortable and does not create pain.
- Strip all the way around your forearm, in front and in back.
- Pay special attention to muscles that feel tight, making sure to work them out until they relax.
- Strip your forearm for 1 to 2 minutes. Working out the forearm is best done just before bed but can be done anytime during the day.
- If you are not sure about a your condition, **consult your health care provider before continuing.**

FOREARM MUSCLE STRIPPING