

# Hand and Forearm Stretches

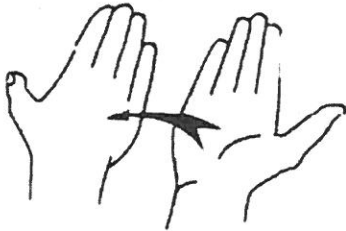
## Wrist Tilt



**Purpose:** To stretch wrist and forearm

With hand open and facing down, gently bend wrist from side to side, as far as possible. Hold for 3 to 5 seconds. Repeat 3 times.

## Wrist Rotation

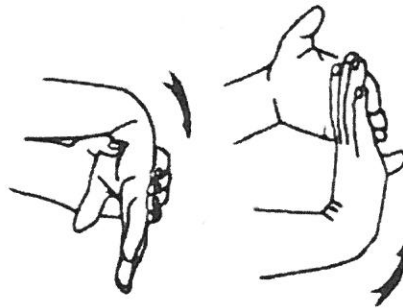


**Purpose:** To stretch wrist and forearm

Start by stretching your arm and hand out and slowly rotate the wrist down until you feel a stretch. Hold for 3 to 5 seconds.

**Purpose:** To stretch wrist and

Grasp hand and hold fingers with wrist down until you feel a stretch. Relax. Repeat 3 times. Then slowly bend your wrist up until you feel the stretch.



**Wrist Flexion/Extension**  
forearm

the other hand. Slowly bend stretch. Hold for 3 to 5 seconds. Then slowly bend your wrist up until you feel the stretch. Hold & relax.

## Finger Stretch



**Purpose:** To stretch wrist and forearm

a) Start with your hand open.



b) Make a fist



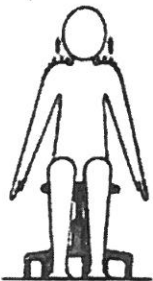
c) Touch your fingertips to the base of your palm, keeping the thumb straight.



d) Gently make a hook. Slide your finger tips up your palm so the tips of your fingers are near the base of your fingers and you should feel a stretch. Don't force your fingers with your other hand if something is painful.

## Neck and Shoulders

### Shoulder Shrug

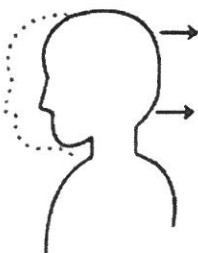


**Purpose:** to relieve early symptoms of tightness or tension in the shoulder and neck area.

Raise the top of your shoulders towards your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3 to 5 seconds. Then relax your shoulders downward into their normal position. Do this 2 or 3 times.

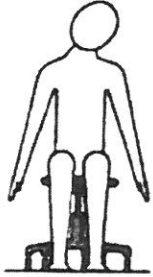
### Head Glide

**Purpose:** To stretch chest, and shoulder muscles



Sit or stand upright. Without lifting your chin, glide your head straight back. You know you are doing this exercise right if it gives you the feeling of a double chin. Hold for 20 counts and repeat 5 to 10 times.

## Neck Relaxer



**Purpose:** To relax neck muscles

Drop your head slowly to the left, trying to touch your left ear to your left shoulder. Repeat on the right side. Slowly drop your chin to your chest, turn your head all the way to the left, then turn all the way to the right.

## Shoulder Roll

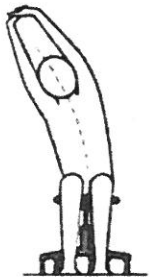
**Purpose:** To relax shoulder muscles.



Slowly roll your shoulders backward five times in a circular motion. Then roll shoulders forward five times.

## Back

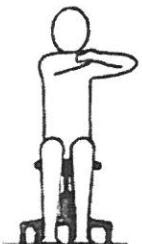
### Back/Side Stretch



**Purpose:** To relax the back and side muscles

Interlace your fingers and lift your arms over your head, keeping the elbows straight. Press arms as far back as you can. To stretch your sides, slowly lean to the left and then to the right.

### Middle/Upper Back Stretch



**Purpose:** To stretch upper and middle back muscles

Hold your right arm with your left hand just above the elbow. Gently push your

elbow toward your left shoulder. Hold stretch for 5 seconds. Repeat with your left arm.

### Back Curl



**Purpose:** To stretch lower back and legs.

Grasp your shin. Lift the leg off the floor. Bend forward (curling your back), and reach your nose to your knee. Repeat with the other leg.

## Legs

### Ankle Flex and Stretch



**Purpose:** To stretch ankle muscles.

Hold one foot off the floor with your leg straight. Alternately flex your ankle (point your toes up) and extend (point your toes down). Repeat with the other leg.

### Leg Lift



**Purpose:** Stretch leg muscles.

Sit forward on the chair so that your back is not touching the chair's back. Place feet flat on the floor. With a straight leg, lift one foot a few inches off the floor. Hold momentarily, and return your foot to the floor. Repeat with the other leg.