

Upper Extremity Stretches - Neck



Start: Flex elbow with palm outward. Grab fingers with other hand.



Finish: Extend arm outward and rotate fingers towards your mid-line, while stretching fingers towards you.



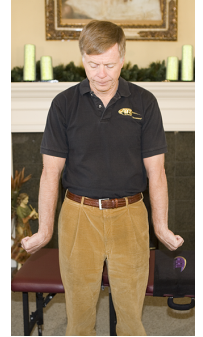
Bend elbow, and extend the wrist. Gradually pull thumb towards you.



1. Extend both arms down. Rotate wrists so palms face out.



2. Make hands into a loose fist.



3. Flex wrists upwards. Gradually add more rotation to stretch wrists and forearms.



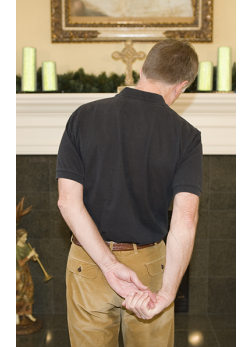
Use one hand to pull opposite elbow across the chest, gradually stretching the shoulder.



Place the palm facing upward like you are holding a tray. With other hand pull down on pinky and ring finger.



Place forearms and palms against door frame. Gradually lean upper body forward feeling the stretch in the shoulders and chest.



Standing, hold left shoulder down with arm behind the body. Using the other hand pull left hand down and across the body. Tilt head to the right.

Each stretch should be performed slowly and gradually to your tolerance, and held for 5 to 10 seconds.