

Upper Limb Stretches

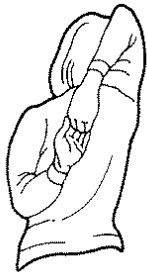
These exercises are designed to improve and maintain the length and mobility of your Upper Limbs and prevent further injury. Please ask your physiotherapist if you are unsure if you are doing these exercises correctly, or if you feel pain or extreme discomfort while doing any of these exercises.



1) Triceps Stretch

Raise arm above head so elbow points upwards. Use opposite hand, pull elbow behind neck, while keeping trunk and neck facing forwards and upright.

Hold for ___ seconds. Repeat ___ times. Practice ___ sets ___ times daily



2) Triceps Stretch and Internal Rotation Stretch

Raise arm above head so elbow points upwards, put other arm behind back and lift as high along back as possible. If able grab fingers of other hand and curl fingers to increase stretch.

Hold for ___ seconds. Repeat ___ times. Practice ___ sets ___ times daily.



3) Shoulder and Triceps Stretch

Cross arm over body at shoulder height use opposite arm to hug into chest. Keep trunk facing forward.

Hold for ___ seconds. Repeat ___ times. Practice ___ sets ___ times daily.



4) Biceps and Anterior Capsule Stretch

Standing, reach with both hand behind back. If able make a fist or mesh fingers and raise arms higher behind back.

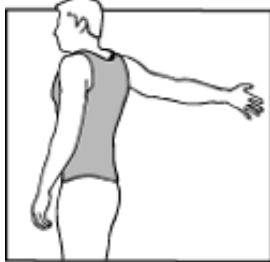
Hold for ___ seconds. Repeat ___ times. Practice ___ sets ___ times daily.



5) Bilateral Standing Pectoral and Bicep Stretch

Stand facing corner wall, raise arms to 90 degrees with bent elbows, so that forearms run along wall vertically. Lean into wall with trunk to increase stretch.

Hold for ___ seconds. Repeat ___ times. Practice ___ sets ___ times daily.



6) Unilateral Standing Pectoral and Biceps Stretch

Facing wall, place palm on wall with arm at 90 degrees. Turn face, trunk, and body to become side on to the wall to increase stretch.

Hold for ___ seconds. Repeat ___ times. Practice ___ sets ___ times daily.



7) Complete Upper Limb Stretch

Interlock hands, turn palms so they face outwards, then raise arms straight above head to become vertical with ears and shoulders.

Hold for ___ seconds. Repeat ___ times. Practice ___ sets ___ times daily.



8) Upper Back and Posterior shoulder Stretch

Use both hands to reach around body to grab shoulder blades. Crawl fingers further around back to increase stretch.

Hold for ___ seconds. Repeat ___ times. Practice ___ sets ___ times daily.



9) Wrist Flexor Stretch

Use opposite hand to pull back fingers and wrist whilst straightening elbow and taking arm to 90 degrees in front of body.

Hold for ___ seconds. Repeat ___ times. Practice ___ sets ___ times daily.



10) Wrist Extensor Stretch

Use opposite hand to pull fingers and wrist downwards whilst straightening elbow and taking arm to 90 degrees in front of body.

Hold for ___ seconds. Repeat ___ times. Practice ___ sets ___ times daily.

- All exercises are to be done with respect to pain. There should be no exacerbation of pain during or after the exercises.

Please consult your Health Practitioner for a full assessment and diagnosis before commencing any of these exercises.

Not all these exercises may be appropriate for your condition so please consult your Health Practitioner.