

# HAND, ARM & SHOULDER STRETCHES

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*Note: If you have had any recent surgery, muscle or joint problem, please consult your personal health care professional before starting a stretching or exercise program.*

## How to Stretch:

Stretching should be done slowly without bouncing. Stretch to where you feel a slight, easy stretch. Hold this feeling for 5-15 seconds. As you hold this stretch, the feeling of tension should diminish. If it doesn't, just ease off slightly into a more comfortable stretch. The easy stretch reduces tension and readies the tissues for the developmental stretch.

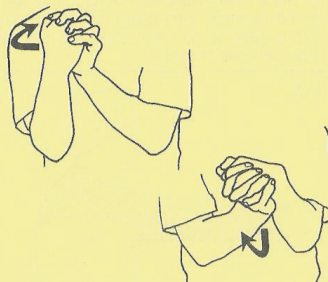
After holding the easy stretch move a fraction of an inch farther into the stretch until you feel mild tension again. This is the developmental stretch which should be held for 5-10 seconds. This feeling of stretch tension should also slightly diminish or stay the same.

If the tension increases or becomes painful, you are over-stretching. Ease off a bit to a comfortable stretch. The developmental stretch reduces tension and will safely increase flexibility.

Hold only stretch tensions that feel good to you. The key to stretching is to be relaxed while you concentrate on the area being stretched. Your breathing should be slow, deep and rhythmical. Don't worry about how far you can stretch. Stretch relaxed and limberness will become just one of the many by-products of regular stretching.

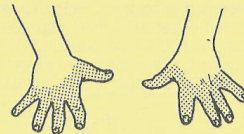
*The dotted areas are those areas of the body where you will most likely feel the stretch.*

1



Interlace your fingers in front of you and rotate your hands and wrists clockwise 10 times. Repeat counter-clockwise 10 times. This will improve flexibility of hands and wrists and provide a slight warm-up.

2



Separate and straighten your fingers until tension of a stretch is felt. Hold for 10 seconds, then relax.

3



Next, bend your fingers at the knuckles and hold for 10 seconds. Relax.

4

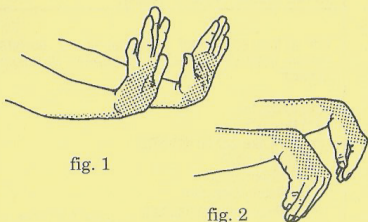


fig. 1

fig. 2

With your arms straight out in front of you, bend your wrists with fingers pointing upwards (fig.1). This will stretch the back of your forearms. Hold for 10-12 seconds. Do twice.

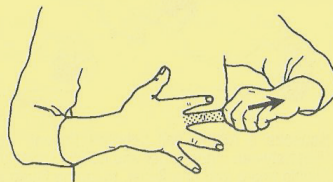
Then bend your wrist with your fingers pointing downwards (fig.2) to stretch the top of your forearms. Hold for 10-12 seconds. Do twice.

5



Start with index finger and thumb gently holding individual finger or thumb of opposite hand. Use your index finger and thumb to rotate each finger and thumb 5 times clockwise and counter-clockwise.

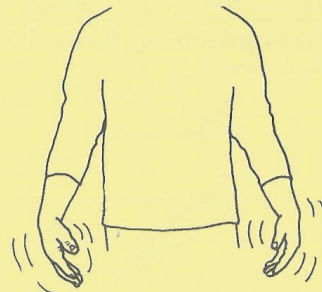
6



Next, gently pull each finger and thumb straight out and hold for 2-3 seconds.

Repeat stretch 7

8



Shake your arms and hands at your sides for 10-12 seconds. Keep your jaw relaxed and let your shoulders relax downward as you shake out tension.