



ORTHOPEDIC ASSOCIATES of HARTFORD

50 Years of Excellence

GENERAL UPPER EXTREMITY STRETCHES

Home Exercises

LATERAL TRUNK STRETCH - QUADRATUS LUMBORUM

Stand with your feet in tandem, one foot in front of the other. Lean towards a wall and support yourself using one arm as shown. Next, raise up your opposite arm and bend to the side towards the wall for a stretch to the side of your body.

Repeat on the opposite side.

Repeat 5 Times **Hold 10 Seconds**

Complete 1 Set **Perform 1 Times a Day**



CHILD POSE - PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

Repeat 10 Times **Hold 10 Seconds**

Complete 1 Set **Perform 1 Times a Day**



CHILD POSE - PRAYER STRETCH - LATERAL

While on your hand and knees in a crawl position, slowly lower your buttocks towards your feet. Also, lower your chest towards the floor as you reach out towards the side.

Repeat going in the opposite direction.

Repeat 5 Times **Hold 10 Seconds**

Complete 1 Set **Perform 1 Times a Day**



SIDELYING THORACIC ROTATION

Lying on side, hips and knees at 90 degrees. Rotate hand and head backwards until stretch is felt in mid back area.

Repeat on the other side.

Repeat 5 Times **Hold 10 Seconds**

Complete 1 Set **Perform 1 Times a Day**



DOORWAY STRETCH

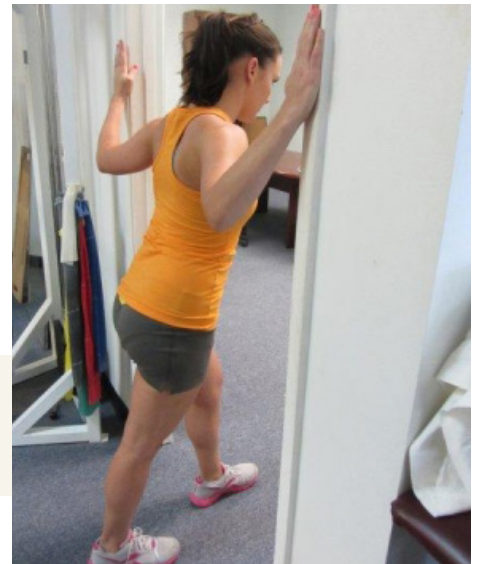
Place each hand opposite each other on the doorway. (You can change where you feel the stretch by moving arms higher or lower.)

Step through with one foot and bend front knee until a stretch is felt and hold.

Step through with the opposite foot on the next rep.

Repeat 5 Times **Hold 20 Seconds**

Perform 1 Times a Day



PECTORALIS DOORWAY STRETCH - LOW

While standing in a doorway, place your arm downward on the door frame and lean in until a stretch is felt along the front of your chest and/or shoulder. Your arm should be pointed downward towards the floor along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 5 Times **Hold 20 Seconds**

Complete 1 Set **Perform 1 Times a Day**



LAT/TRICEP STRETCH

Reach your arm up and behind your head as pictured. Place your arm against the door or wall. This might work best against the door frame, or in a corner. Gently lean into the door/wall allowing yourself to feel a stretch in both the arm and side.

Repeat on the other side.

Repeat 3 Times Hold 30 Seconds
Perform 1 Times a Day

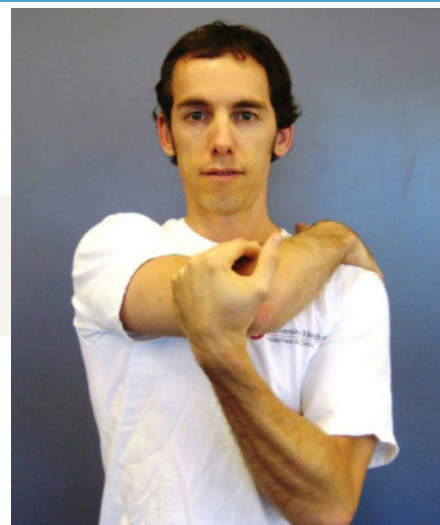


POSTERIOR CAPSULE STRETCH

Gently Pull on left forward elbow with the other hand until a stretch is felt in the shoulder.

Repeat with the other shoulder.

Repeat 3 Times Hold 30 Seconds
Perform 1 Times a Day



UPPER TRAP STRETCH - HAND BEHIND BACK AND TOP OF HEAD

Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently pull your head towards the opposite side with the help of your other arm.

Repeat bending to the opposite side.

Repeat 3 Times Hold 30 Seconds
Complete 1 Set Perform 1 Times a Day



WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Repeat with opposite wrist.

Repeat 3 Times Hold 30 Seconds
Complete 1 Set Perform 1 Times a Day



PRAYER STRETCH - WRIST

Place the palms of your hands together to stretch the wrist as shown.

Repeat 3 Times Hold 30 Seconds
Complete 1 Set Perform 1 Times a Day

