

Upper Extremity Stretching Home Exercise Program

All stretches should be completed as 3 sets of 30 seconds, unless otherwise instructed. Upper extremity stretching should be completed 2-3 times per day. These stretches should be performed on both upper extremities following a good warm-up.

Cross Arm Stretch

Extend your arm straight out in front of you and then cross your body towards the opposite shoulder. Use your opposite arm to hook under the cross body arm and pull it closer to your chest. This stretch should be felt in the shoulder.



Triceps Stretch

Raise your arm up above your head, and allow your elbow to fully bend letting your hand reach down between your shoulder blades. Use your other hand to grab hold of your elbow and apply backwards pressure to increase the stretch. This stretch should be felt along your triceps (back of your upper arm).



Latissimus Stretch

Raise your arm straight up above your head. Grab that wrist with your opposite hand and lean in the direction of the opposite arm. This stretch should be felt along the side of your body with the raised arm.



Doorway Stretch

Standing in a doorway raise your arms up to the side at shoulder height, and then bend your elbows to 90 degrees. Place your forearms along the front of the doorway and lunge your body forward. The stretch should be felt throughout the chest and into the front of the shoulders.



Sleeper Stretch

Start by laying on your side with both arms out in front of your body. Hold out the arm of the side you are laying in front of you with the elbow bent to 90 degrees and the palm open. Then use your other hand to slowly apply pressure in a downward motion so that the open palm is traveling towards the ground. This stretch should be felt along the back and shoulder of the bent arm.



Forearm Stretch

Holding an arm straight out in front of you, grab the base of your fingers with your other hand. Slowly pull your fingers and wrist towards yourself until a stretch is felt down the forearm and through the wrist.



Towel Stretch

Holding one end of a towel in one hand, reach up and bend your elbow allowing the towel to drape down your back. With your other hand, reach down behind your back and grab hold of the other end of the towel. Inch your hands along the towel closer to one another until a stretch is felt through the shoulders. Repeat with the arms in the opposite placement.



Neck and Trap Stretch

Reach your hand over your head and grab hold of the opposing side. Gently tilt your head towards this direction and apply a small amount of force with your hand. Continue to tilt until a stretch is felt along the opposite side of the neck.

