

Upper Extremity Stretching Home Exercise Program



You can follow along with the pictures below, or scan the QR code which will take you to video instruction on how to perform the exercise.

Access Code: TJVYZMEA

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.

<p>Child's Pose</p> 	<ul style="list-style-type: none">• Begin on all fours.• Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Hold this position.• Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.
<p>Doorway Stretch</p> 	<ul style="list-style-type: none">• Begin in a standing upright position in the center of a doorway.• With your elbow bent, place your forearm on the side of the doorway at a 90 degree angle from your side, then take a small step forward and slightly rotate your body until you feel a stretch in the front of your shoulder. Hold this position.• Make sure to maintain a gentle stretch and do not shrug your shoulder during the exercise.
<p>Pec Stretch</p> 	<ul style="list-style-type: none">• Begin lying on your back with your knees bent and a foam half roll vertically under the center of your back.• With your elbows bent, slowly move your arms away from your body toward the floor. You should feel a stretch across the front of your chest.• Make sure to only move your arms to an angle at which you can lie comfortably, and avoid arching your back.

Triceps Stretch



- Begin in a standing upright position.
- Lift one arm straight overhead, then bend your elbow as far as possible behind your head. With your other hand, apply gentle pressure to your elbow until you feel a stretch in your triceps. Hold this position keeping your back straight.

Downward Dog



- Begin on all fours.
- Prop your feet up on your toes, then push your body up into an inverted V position with your elbows and knees straight. Hold this position, feeling a stretch through your back and legs.
- Make sure to keep your shoulders down, as well as your hands and feet flat on the floor during the stretch.