

# Simple Shoulder to Fingertip Stretches

to



**wags**<sup>TM</sup>  
Wrist Assured Gloves

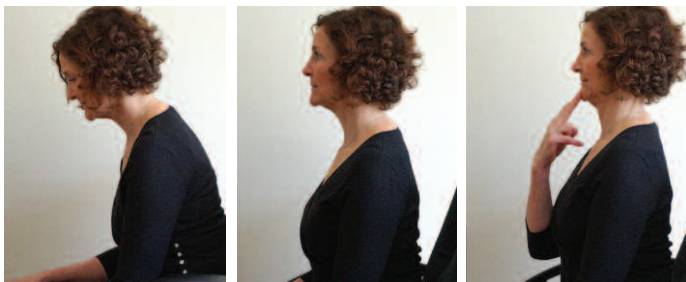
## SEVEN SIMPLE SHOULDER-TO-FINGERTIP STRETCHES

Taking quick stretch breaks from computer keyboarding and other repetitive movements can help prevent overuse injuries and pain. In this easy stretch sequence developed by occupational therapists, yoga instructor & certified hand therapist you'll:

- Learn 7 easy moves you can do seated in your office chair
- Stretch from your neck to your finger tips in 3 minutes or less
- Relieve tension, improve blood flow and help counteract a rounded forward posture
- Reduce your risk of developing a Repetitive Strain Injury (RSI)

**Frequency:** Do these stretches 1 or more times per every 3 hours spent performing repetitive motions such as keyboarding. Ideally you should take a brief break from continuous computer keyboarding every 45 minutes.

**Position:** Sit or Stand with your feet flat and hip width apart, spine straight and shoulders relaxed.



Head forward  
& spine curved

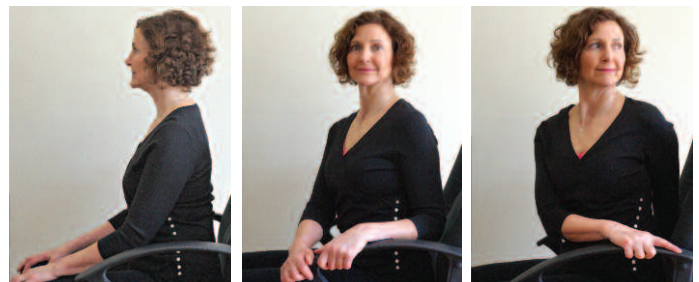
Head neutral  
& spine erect

Head retracted  
& chin back

### (1) NECK:

- Keeping your head straight with eyes gazing ahead pull chin back (don't tip head down)
- Hold for 5-10 seconds
- Relax & Release
- Repeat 3X

**Purpose:** This stretch counteracts forward head position of sitting at computer



Sit forward  
spine erect

Gentle spinal  
twist

Deeper spinal  
twist

### (2) SPINAL TWIST:

- Rotate your spine to the right with neck & head to the right.
- Place right hand on back of chair beside right hip.
- Left hand crosses body to rest on right leg or arm rest of chair.
- Breathe deeply and straighten spine, gently twist as you exhale.
- Hold 10+ seconds.
- Reverse and twist to left – repeating steps above.

**Purpose:** Releases tension and stretches the spinal muscles



(A) Gentle stretch



(B) Extend wrist for deeper stretch



(C) Stretch from neck to fingers

**(3) SHOULDER / ELBOW / FOREARM STRETCH:**

**(A) Raise right arm out to side at shoulder height**

- Straighten elbow, rotate palm up and keep fingers relaxed and open.
- Hold stretch 10+ seconds.

**(B) For deeper stretch gently move wrist downward with fingers pointing to the floor.**

- Straighten and spread fingers apart  
Hold 10+ seconds

**(C) To stretch deeper, if you do not have nerve, neck or shoulder issues, tilt head to left so left ear moves towards left shoulder. Do not do if you experience any numbness or tingling.**

- Hold 10+ seconds.
- Repeat sequence with Left arm as stated above.

**Purpose:** Opens up shoulder & arm to counteract typical keyboarding position of arms.



Rotate wrists toward each other



Rotate wrists away from each other

**(4) WRIST ROTATIONS:**

- Both arms in front of body with elbows straight & palm facing down
- With hands loosely fist circle wrists 3X inward then 3X outward.
- Pause & Repeat 3 times.

**Purpose:** Releases tension in forearms and wrists



Gently push back of hand to point fingers down



Gently push palm of hand to point fingers up

**(5) WRIST STRETCH:**

- Right arm in front of body, elbow straight and palm down.
- With left hand push gently on the back of right hand so right fingers point down
- Hold 10+ seconds
- Release hold on back of hand point right fingers upward.
- With left hand press right palm back for stretch. Hold 10+ seconds
- Repeat sequence above for stretch on left wrist with right hand assisting..

**Purpose:** Stretches the flexors and extensors of forearms & wrists.



Alignment



Hook Position



Full Fist



Fingers 90 degrees to Palm



Loose Fist

**(6) TENDON GLIDE: DO SEQUENCE SLOWLY**

- Right wrist and fingers are in line with forearm, straight & pointing up.
- Bend tip and middle knuckles (1st & 2nd finger joints) into hook position
- Curl fingers into a full fist
- Open fingers straight (in flat position) to form a 90 degree angle from palm

- Bend fingers to form a loose fist
- Straighten to starting position
- Repeat 5X for each hand.

**Purpose:** Increase circulation & ease of finger movements

**(7) DIAPHRAGMATIC BREATHING:**

- Place one hand on upper chest and one on lower belly
- Notice your breathe pattern
- Deepen breathing by inhaling & expanding belly, ribcage & upper chest
- Slightly part lips to exhale slowly and controlled
- Empty lungs starting at upper chest, ribcage then belly
- Stomach draws in at the end of exhale
- Use your hands to feel the expansion and release of breath

**Purpose:** For relaxation and to decrease risk of developing tendonitis

*If you have pain or an injury, consult your doctor before starting this stretching program. These stretches are not intended as treatment for medical conditions. Joint Protection Products is not liable for any injury due to improper use.*