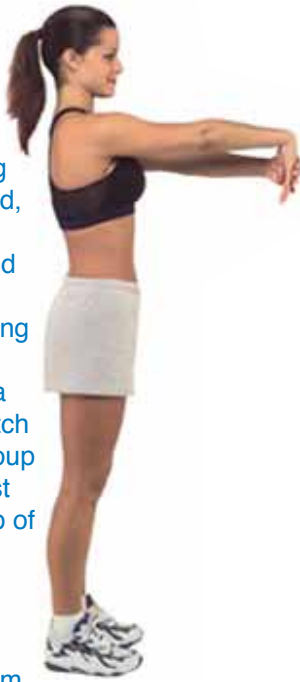


:: strengthening exercises

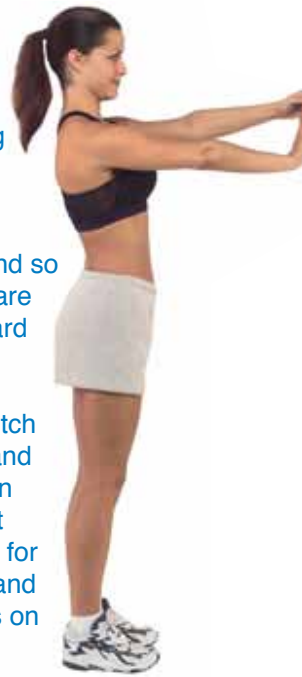
1 Wrist Extensors

Raise your arm with your elbow straight and your palm facing downward. Using the opposite hand, bend the outstretched hand down so that the fingers are pointing toward the floor. You should feel a comfortable stretch in the muscle group between the wrist and elbow on top of the arm. Hold stretch for 20-30 seconds and repeat 2-3 times on each arm.



2 Wrist Flexor

Raise your arm with your elbow straight and your palm facing downward. Use the other hand to bend the outstretched hand so that the fingers are pointing up toward the ceiling. You should feel a comfortable stretch in the muscles and tendons between the fingers, wrist and elbow. Hold for 20-30 seconds and repeat 2-3 times on each arm.



3 Pectoralis

Place your forearm and palm against the inside edge of a doorframe at about a 90 degree angle to your body. Rotate your body away from the arm in the door. You should feel the stretch in your pectoral and deltoid muscles (chest and front of shoulder). Remember not to push into pain. Hold 20-30 seconds, repeat 2-3 times on each arm.

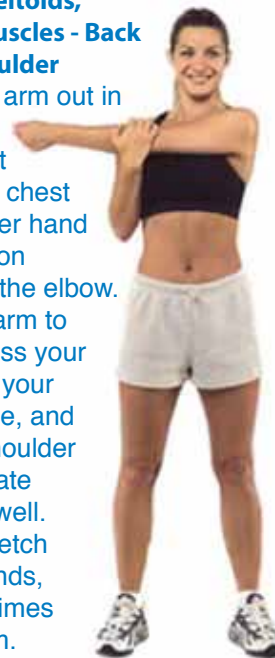
4 Triceps

Bend your right arm up and reach your hand behind your neck. Place your left hand on the elbow and gently guide right hand down neck or shoulder blade area. Your right arm should end up next to your ear. You should feel the stretch in the back of your right arm. Hold the stretch for 20 seconds, repeat 2-3 times on each arm.



5 Posterior Deltoids, Scapular Muscles - Back of your Shoulder

Extend one arm out in front of you, then guide it across your chest with the other hand for support on the back of the elbow. Allow your arm to stretch across your body within your comfort zone, and allow the shoulder blade to rotate forward as well. Hold the stretch for 20 seconds, repeat 2-3 times on each arm.



6 Standing Neck

Stand tall with arms comfortably at your sides. Gently bend head to one side, without rotating or turning your head. Hold the stretch for 10-20 seconds when you feel a comfortable pull on the side you are elongating. Be careful not to shrug your shoulder or tense your shoulder blades. Repeat 2-3 times on each side, within your pain free range.

