

ARM STRETCHING EXERCISES

Wrist Flexor Stretch



- Stand facing a wall with your arms outstretched and palms facing up
- Place your fingers on the wall pointing downwards
- Slowly try to place your whole hand flat on the wall by extending the wrist
- Hold for between 10 and 30 seconds

Muscles Stretched - Flexor Carpi Radialis, Flexor Carpi Ulnaris, Flexor Digitorum Superficialis, Biceps Brachii

Related Injuries - Golfers elbow

Wrist Extensor Stretch



Teaching Points

- Hold one arm straight out in front
- Use the other hand to bend the wrist and point the fingers towards the floor, applying gentle pressure
- Hold for between 10 and 30 seconds

Variations

- Use a wall to apply pressure rather than the other hand

Muscles Stretched - Extensor Carpi Radialis Brevis, Extensor Carpi Radialis Longus , Extensor Carpi Ulnaris, Extensor Digitorum Communis

Related Injuries - Tennis elbow, Radial nerve entrapment

Tennis Elbow Stretch



- Hold one arm straight out in front
- Use the other hand to bend the wrist and point the fingers towards the floor
- Rotate the wrist so that the fingers point across the body
- Hold for between 10 and 30 seconds

Muscles Stretched - Extensor Carpi Radialis Brevis, Extensor Carpi Radialis Longus, Extensor Carpi Ulnaris, Extensor Digitorum Communis

Related Injuries - Tennis elbow

Triceps Stretch



- Place your hand on your upper back with the elbow bend towards the ceiling
- Use your other hand to pull the elbow towards your head
- Hold for between 10 and 30 seconds

Variations

- Hold a towel in the hand of the arm being stretched and bring it into the position above so that the towel is hanging behind your back
- Bring the other hand behind you at waist height and pull down on the towel

Muscles Stretched - Triceps Brachii

Related Injuries - Triceps tendon tear or inflammation

Standing Bicep Stretch



- Clasp hands behind back with palms together. Straighten arms and rotate arms (inside down) so palm turn downward.
- Raise arms away from body. Hold stretch.

Muscles Stretched – Biceps brachii

Related Injuries - Biceps Tendon Inflammation

