

Tick the
required
exercise
below

1. Lat Stretch



- Start in a kneeling position
- Sit back onto your heels and walk your hand forward as far as you can to feel a stretch across your back and shoulders.
- Hold forSeconds
- If you have a gym ball you try this stretch with your arms on top of the ball.

2. Pec Stretch



- Stand in the corner of a room
- Place your hands on the wall either side of the corner just above shoulder height
- Lean your body forward to feel a stretch across your chest
- Hold for..... Seconds

3. Upper traps Stretch



- In a seated or lying position, place one hand behind your back or by your side
- Place the other hand on the top of your head and bring your ear to your shoulder
- Hold the stretch forseconds

4. Shoulder/triceps stretch



- Reach one hand across to pass the opposite shoulder
- With the other hand, push back just above the elbow to feel a stretch in the shoulder and back of the arm
- Hold for seconds

5. Thread the needle shoulder stretch



- Start in a 4 point kneeling position
- Come down onto your elbows
- Slide one arm underneath you as if you are "threading a needle" Hold forseconds
- Then repeat on the other side

For further information and advice please visit our website:- www.poole.nhs.uk/physio and find 'childrens physiotherapy'



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4. Pectoral + Biceps Stretch



- Reach both arms behind your back with fingers interlocked
- Reach back until you feel a stretch across your chest and arms
- Hold for seconds

6. Arm Openings



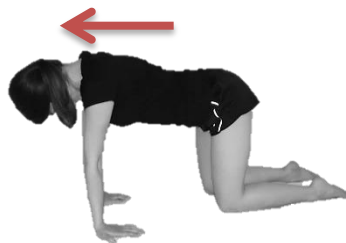
- Lie on your side with your hips and knees bent and head resting on a small pillow.
- Rest your arms out in front one on top of the other.
- Lift your upper arm and draw an arc with it so your upper body rotates towards the ceiling.
- Repeat times.

8. Triceps stretch



- Reach one hand behind and down your back
- Grasp the arm with your other hand just above the elbow
- Hold forseconds

9. Wrist and arm stretch



- In a 4 point kneeling position
- Turn your hands around to face 6 o'clock
- Try to push your elbows straight
- Hold for.....seconds

10. Wrist stretch



- Using your other hand stretch your wrist back and hold for.....seconds
- Then stretch your wrist forward and hold for.....seconds

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