

At Home Stretches

The following stretches were provided as a reference to those working remotely from home. These stretches are a collaborative effort with CSUDH EHS, the CSUDH Kinesiology Department, along with the Kinesiology Student Association (KSA).

Neck, Shoulders, Arms, Hands Stretches

Regular stretching can improve flexibility, reduce lower back pain and contribute positively to overall health. Please consult your physician if you have pre-existing conditions prior to performing stretching activities.



Wrist Extension with fingers forward

Benefit - The muscles operating the fingers can pull the tendons more easily, which results in better control of the fingers for handwriting.

Place hands on a low table and spread fingers and thumb as wide as they can. Have straight elbows. Lean forward.

Time for stretch: 30 seconds.



Wrist Extension with fingers back

Benefit - The muscles operating the fingers can pull the tendons more easily, which results in better control of the fingers for handwriting.

Place hands on a low table and spread fingers and thumb as wide as they can. Make sure your hands point towards your stomach. Have straight elbows. Lean forward.

Time for stretch: 30 seconds.



Wrist rock on desk

Benefit – This stretch can help strengthen wrists.

Make a fist with thumbs outside the fingers. Place the fist on a low table and the palms facing each other. Rock fists forward.

Time for stretch: 30 seconds.



Finger Extensions on table

Benefit - The muscles operating the fingers can pull the tendons more easily, which results in better control of the fingers for handwriting.

Have palms facing forward with the tips of the fingers on the table. Keeping your wrist straight, bend your fingers back.

Time for stretch: 30 seconds.



Wrist Circles

Benefit - This move stretches your arms, shoulders and upper back as well as helping tone your triceps and bicep muscles.

Have elbows at a 90-degree angle. Circle wrists outward 20-30 times. Repeat doing it inward.



Fingers Interlaced front

Benefit - This exercise stretches your hands and forearms.

Interlock fingers and make sure arms are straight forward. Turn palms towards the floor and thumbs facing the body. Have arms raised and push shoulder blades forward.

Time for stretch: 30 seconds.



Fingers Interlaced behind

Benefit - the following muscles arms, shoulders, upper back, biceps, triceps, and chest.

Interlock fingers behind the body. Turn palms towards the floor and thumbs facing away from the body. Straighten elbows. Keep shoulders down and back.

Time for stretch: 30 seconds.



Upside Prayer

Benefit - This is a great stretch for the middle and low back muscles. It also can stretch out the lats (latissimus dorsi), shoulders, and chest, if you are tight.

Have shoulders back and palms placed in front of the waist. Bend elbows and move palms upward.

Time for stretch: 30 seconds.



Fingers Interlaced forward

Benefit – This stretch helps improve range of motion in your fingers.

Have arms straight forward and have fingers place on top one another. Elbows straight. Interlock fingers.

Time for stretch: 30 seconds.



Triceps Stretch

Benefit - This stretch improves flexibility, lengthen muscles, and increases range of motion.

Have back straight. Place your arm on the back. Place the other arm over the head and on the elbow.

Time for stretch: 30 seconds.



Hand Extension

Benefit – Helps to deeply stretch muscles in the upper arm and shoulder.

Place your hand on a wall while standing. Move your body towards the opposite direction. Make sure the arm is straight.

Time for stretch: 30 seconds.



Wrist flexion and extension

Benefit - Stretching out the flexor muscles and tendons of the wrist and forearm helps protect elbow tightness.

Place your hand on the edge of the table facing downwards. Flex hand upwards and repeat.

Time for stretch: 30 seconds.



Forearm Extension

Benefit - Stretching the forearm can help with overuse to the arms and elbows

While sitting down, have arms straight and hands on the knees. Have back straight and lean forward.

Time for stretch: 30 seconds.



Key Grip Pinch

Benefit - This stretch can help alleviate hand muscle weakness

Grab a rubber band. Place the forearm on the table. Pinch with pointer and thumb with a rubber band in a ball. Pinch.

Time: 10 seconds



Rubber Band Finger Extension

Benefit - Strengthen the muscles in the fingers may improve range of motion and reduce pain in the finger joints.

Place the forearm on the table. Grab a rubber band and place it around the fingers, to surround the hand. The hand should look like a circle.

Time: 10 seconds.

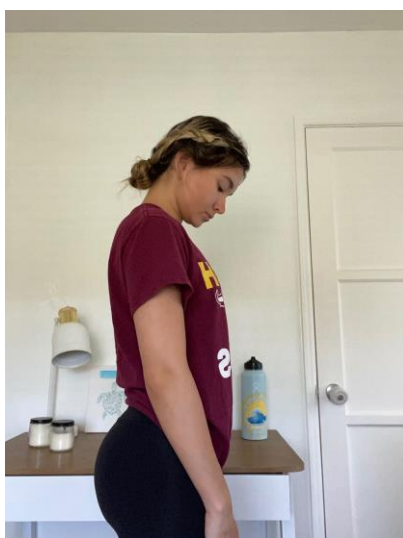


Towel Hand Grip

Benefit - Will engage your intrinsic hand muscles to grip stronger, strengthening the wrists and forearms.

Find a towel and roll it up. Rest your forearm on the table and gently squeeze the towel.

Time: 5 seconds.



Head Nods

Benefit – This stretch help alleviate stiff muscles in the neck

Chin down to your chest. Look up.

Hold: 15 seconds



Neck Tilts

Benefit - This stretch help alleviate stiff muscles in the neck

Bring hand to opposite side of head and push down.

Hold: 30 seconds



Shoulder Stretch

Benefit - May help relieve muscle tension, pain, and tightness in the neck and shoulders.

Place one arm on your chest while the other arm pulls it closer.

Hold: 30 seconds

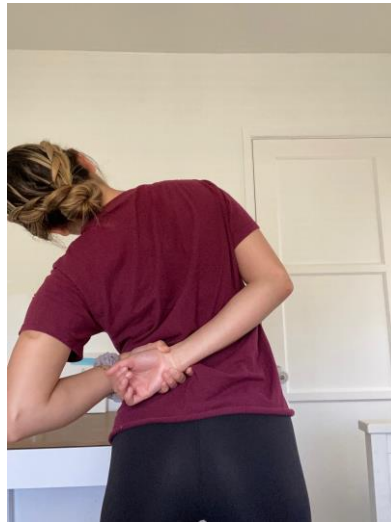


Goal Post

Benefit – This stretch uses upper back muscles to help strengthen neck and shoulders

Arms up at a 90 degree angle. Make your forearms touch.

Hold: 15 seconds

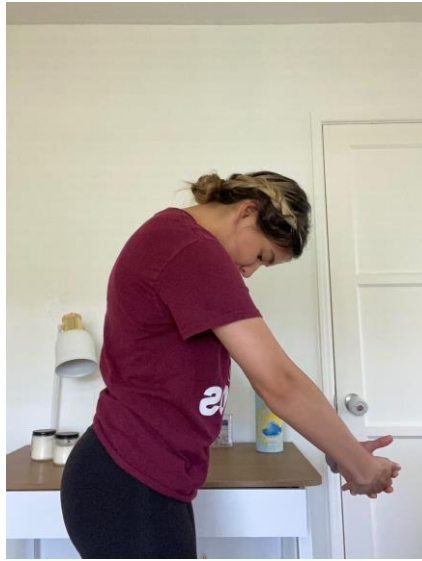


Neck Arm Pulls

Benefit – Performing this stretch on both sides will help stretch shoulders

Place your hands behind your back, lean your head, and pull your arm to one side.

Hold: 30 seconds



Neck tuck with press down

Benefit - May help improve the neck's strength, flexibility, and function.

(behind)

Interlock fingers behind your back. Push down. Bring your chin towards your chest.

Hold: 30 seconds.

Neck tuck with press down

Benefit - May help improve the neck's strength, flexibility, and function.

(front)

Interlock fingers in front. Push down and forward. Bring your chin to your chest.

Hold: 30 seconds.