Personal Program For:  
Shoulder, wrist, hand Stretches

Date: 10/1/2008

• Sit or stand, looking forward, with good posture.  
• Tuck chin in.  
• Return to start position.  

Special Instructions:  
To progress, place finger on chin, apply backwards pressure.  

Perform 1 set of 5 Repetitions,  
once a day.  

Perform 1 repetition every 4 Seconds.  

• Sit or stand, looking forward, with good posture.  
• Tuck chin in.  
• Return to start position.  

• Stand or sit.  
• Inhale, raise shoulders upward toward ears and roll backwards.  
• Exhale, release shoulders down.  
• Return to start position and repeat.  

Perform 1 set of 5 Repetitions,  
once a day.  

Perform 1 repetition every 4 Seconds.  

• Stand with arms out from side, elbows bent to 90 degrees.  
• Squeeze shoulder blades together, moving arms backward.  
• Relax and repeat.  

Perform 1 set of 5 Repetitions,  
once a day.  

Perform 1 repetition every 4 Seconds.
Personal Program For:
Shoulder, wrist, hand Stretches

Date: 10/1/2008

- Stand with left arm on wall, hand backward as shown.
- Slowly turn body outward until as stretch is felt across chest.
- Slowly turn neck to right until a stretch is felt down the front of arm.

Perform 1 set of 3 Repetitions,
once a day.

Hold exercise for 20 Seconds.

- Sit on chair
- Grasp seat with the hand on the side of the tightness.
- Lean away and stretch side of neck.

Perform 1 set of 3 Repetitions,
once a day.

Hold exercise for 20 Seconds.

- Interlock fingers of both hands.
- Straighten arms in front, palms facing outward.
- Hold and repeat.

Perform 1 set of 3 Repetitions,
once a day.

Hold exercise for 20 Seconds.

Issued By: Mark Uridel, MSPT, RYT  Signature: ____________________________

These exercises are to be used only under the direction of a licensed, qualified professional.

Healing Arts Studios  Except as to user supplied materials, ©1996-2000 BioEx Systems, Inc.
• Grasp fingers of one hand with other hand.
• Keeping elbow straight on involved arm.
• Pull back hand gently, as shown.

Perform 1 set of 3 Repetitions, once a day.

Hold exercise for 20 Seconds.

• Position hand palm up.
• Grasp fingers of one hand with other hand.
• Keeping elbow straight on involved arm.
• Pull hand down gently, as shown.

Perform 1 set of 3 Repetitions, once a day.

Hold exercise for 20 Seconds.

• Place palms together over head.
• Keep palms together and move hands downward as far as possible.

Perform 1 set of 3 Repetitions, once a day.

Hold exercise for 20 Seconds.
Personal Program For:
Shoulder, wrist, hand Stretches

• Begin with elbow straight.
• With other hand, grasp at thumb side of hand and bend wrist downward.
• To increase the stretch, bend wrist toward small finger.

Perform 1 set of 3 Repetitions, once a day.
Hold exercise for 20 Seconds.

Issued By: Mark Uridel, MSPT, RYT  Signature:___________________________

These exercises are to be used only under the direction of a licensed, qualified professional.
Healing Arts Studios

Except as to user supplied materials, ©1996-2000 BioEx Systems, Inc.
Personal Program For:
Shoulder, wrist, hand Stretches

Date: 10/1/2008

- Place thumb and index finger between two fingers of other hand.
- Gently spread fingers apart, as shown.
- Repeat with all pairs of fingers.

Perform 1 set of 3 Repetitions,
once a day.

Hold exercise for 20 Seconds.

- Use the thumb of one hand to bend all the joints of other thumb while moving it toward the base of little finger.
- Let go of thumb and hold in this position.
- Straighten thumb with the help of other thumb.
- Let go of thumb and hold in this position.
- Repeat sequence.

Perform 1 set of 3 Repetitions,
once a day.

Hold exercise for 20 Seconds.