



## Personal exercise program Upper Extremity Stretching Exercises

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Provided for  
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### Upper Limb Extension



The child assumes the lying position, the child's arm along his/her side. A helper places one hand on the child's upper arm, above the elbow, and the other hand on the child's forearm, below the elbow. Gently straighten the child's elbow until a comfortable stretch is felt. Hold the stretch for 20-30 seconds. Repeat 2-3 times per side.

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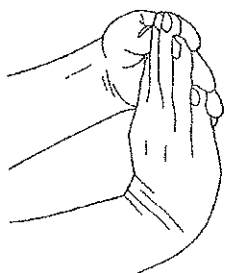
### Upper Limb Supination/Pronation



The child assumes the sitting position, the child's elbow bent to 90 degrees, the child's upper arm held against the side of his/her body. A helper places one hand under the child's elbow and the other hand on the child's forearm, just above the wrist. Gently turn your child's forearm so his/her palm faces up toward the ceiling. A comfortable stretch should be felt in the forearm. Hold the stretch for 20-30 seconds. Repeat 2-3 times per arm.

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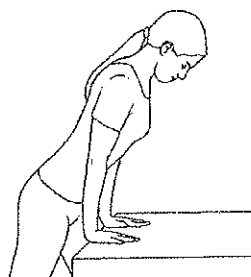
### Wrist Extension



A helper holds the fingers of the child's hand to be stretched, as shown. Gently extend the child's wrist/fingers until a comfortable stretch is felt at the inside of the child's forearm. Hold the stretch for 20-30 seconds. Repeat 2-3 times per side.

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### Fingers Extension



Stand with the palms of your hands on a table. Keep your arms straight and fingers pointing forwards. Slowly lean forward until a comfortable stretch is felt in the front of your wrist and fingers. Hold the stretch for 20-30 seconds. Repeat 2-3 times.

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