

WHS Fact Sheet – Forearm, Wrist and Hand Stretches

Forearm, Wrist and Hand Stretches

To complete any stretches of the Forearm, wrist or hand, it is important to start with your head in a neutral position. This means your head should be facing forward and your shoulders nice and relaxed. Remember to:

- Use slow and gentle movements
- Only stretch as far as you feel comfortable
- Breathe normally – do not hold your breath
- Stretch both sides of your body

Note: Seek medical advice prior to starting new stretches if you have an injury or medical condition.

Stretch One

- Start with your head in a neutral position.
- Place one arm straight out in front of you. Fingers pointed towards the ceiling, elbow straight.
- Slowly move the hand and fingers back towards your body, supporting the palms with the opposite hand.
- Hold this position for 15-30 seconds before returning to the starting position. The stretch should be felt in the muscles in the hand and inner forearm.



Figure 1. Stretch One



Stretch Two

- Start with your head in a neutral position.
- Place one arm straight out in front of you. Fingers pointed towards the floor, elbow straight.
- Slowly move the hand and fingers back towards your body, supporting the palms with the opposite hand.
- Hold this position for 15-30 seconds before returning to the starting position. The stretch should be felt in the muscles in the hand and inner forearm

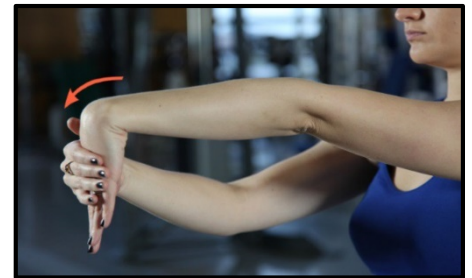


Figure 2. Stretch Two

Looking after yourself

- Vary tasks

Repetitive movements performed over a long period of time are not the body's best friend. Break up tasks regularly throughout the day to give some muscle groups a break and allow another to be more active. This may mean completing some hardcopy reading for 20 minutes prior to completing an hour of computer based tasks, or packing/unpacking a trolley of boxes varied with a less physical task.

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WHS Fact Sheet – Neck Stretches

Stretch Three

- Start with your head in a neutral position.
- With both hands out in front of your body make a fist. Hold for 5-10 seconds.
- Spread your fingers as wide as possible. Hold for 5-10 seconds.
- Relax your hands before repeating 2-3 times.



Figure 3. Stretch Three

Stretch Four

- Start with your head in a neutral position.
- Place your hands out in front with your elbows bent and palms down.
- Roll your wrists so the palms of your hands face upwards.
- Slowly return to the starting position and repeat 2-3 times.



Figure 4. Stretch 4

Looking after yourself

- Take regular breaks – these do not need to be long!

A few minutes to get up and walk around the office and complete 4 x 30 second stretches will not take more than 5 minutes to complete. You may actually be more productive and you will feel a lot better by the end of the day.

- Drink plenty of water

Keep a water bottle or cup on your desk. We tend to notice symptoms of discomfort when we do not drink enough water. This way you can guarantee you will get up and move around to refill your water bottle/cup and go to the bathroom

If additional information is needed, please contact the [WHS Unit](#).