

# Warm Up & Cool Down Stretches

## Forward Arm Reach (shoulder flexion)

Purpose: ROM, Relaxation, ADL– Reaching

### Version A

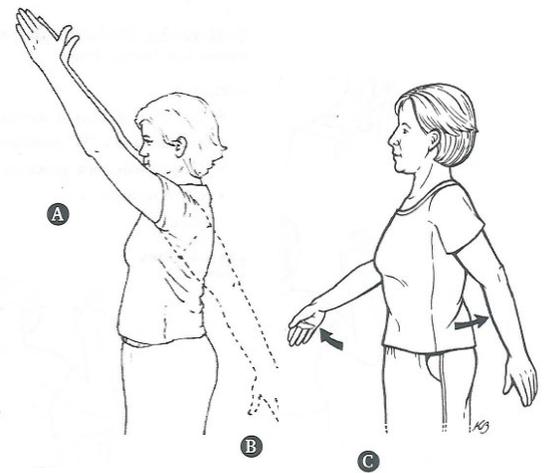
- Position arms out front, palms facing one another.
- Raise one or both arms forward and up as high as possible (one arm may help the other, if needed).
- Lower slowly.

### Version B

- Repeat Version A.
- Continue motion by bringing arms behind the body.

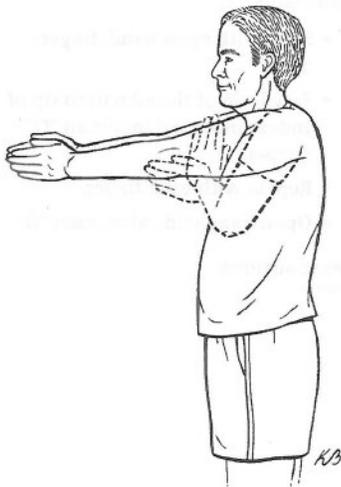
### Version C

- Alternate one arm forward and one behind.



### ! PRECAUTIONS

- Shoulder joint surgery



## Wrist Stretch (extension)

Purpose: ROM, ADL– Pushing down on chair arms to come to a standing position

- Sit or stand with palms together and arms straight out in front.
- Keeping palms together, pull hands in toward chest and point hands up toward ceiling.
- The elbows will go out to the side.
- Hold for four seconds.

### ! PRECAUTIONS

- Shoulder joint surgery

## Side Trunk Bend (lateral trunk flexion)

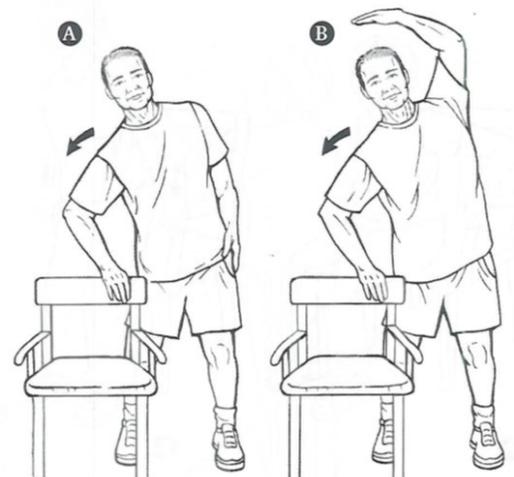
Purpose: ROM, Strength, ADL-Reaching

### Version A

- Hold on to back of chair if standing.
- If sitting, hold on to arm or seat of chair.
- Lean trunk sideways, slowly bending at waist.
- Repeat on the other side.

### Version B

- Raise one arm overhead as you bend to opposite side

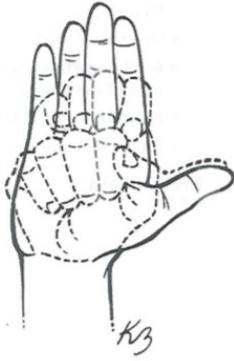


### ! PRECAUTIONS

- Osteoporosis, Balance, Back pain

## Finger Curl (flexion/extension)

Purpose: ADL-Picking up and holding objects, ROM (Version A), Strength (Version B)



### Version A:

- Start with open hand flat, fingers straight.
- Bend each joint slowly to make a loose fist.
- Hold 3 seconds.
- Straighten fingers again.

### Version B:

- Hold an 8½ x 11" sheet of paper in one hand.
- Crunch paper into a small ball in the palm of your hand.
- Using the same hand, unfold the paper, opening up to its original size. (No shaking allowed!)
- Repeat with the other hand, using a new sheet of paper.

## Calf stretch

Purpose: ROM, ADL- Walking

### Version A (Gastroc)

- Standing straight, hold on to the back of a chair.
- Put one leg behind you, keeping level to the floor.
- Bend front knee toward chair, keeping knee above ankle. (You will feel the stretch in the calf of the leg in back.)
- Hold 10-20 seconds.

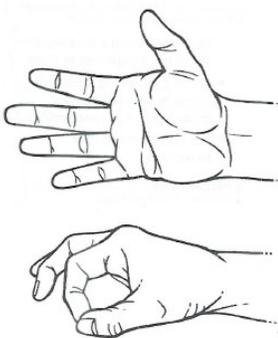
### Version B (Soleus)

- Do version A, but then slightly bend back leg before you stretch.
- Hold 10-20 seconds.



## ! PRECAUTIONS

Balance



## Finger O (opposition)

Purpose: ROM, ADLs- Grasping, picking up objects

- Start with open hand, fingers apart.
- Touch tip of thumbnail to tip of index finger (make an "O" shape).
- Repeat with each finger.
- Open hand wide after each "O".

The California AgrAbility Program

University of California, Davis - Biological and Agricultural Engineering

Toll Free Phone 1-800-477-6129

Phone (530) 752-1613

Email: [calagra@ucdavis.edu](mailto:calagra@ucdavis.edu)

<http://calagrability.ucdavis.edu/>

Program Director: Fadi Fathallah, Ph.D.

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Exercises from the *Arthritis Foundation Program Exercise Manual*.