DSE exercises

**Stretches for fingers, wrists & forearms**

**Finger exercise**
- Make a fist; ensuring thumb is straight, not tucked under fingers (1a)
- Slide fingertips up palm, tips of fingers moving towards base of fingers, until stretch is felt (1b)
  - Hold for slow count of 10
  - Repeat 3 – 5 times

![Finger exercise images](1a 1b)

**Wrist stretch exercise**
- With hand open and facing down, move wrist from side to side, until stretch is felt at each extreme
  - Hold each for slow count of 10
  - Repeat 3 – 5 times

![Wrist stretch exercise image](1)

**Wrist rotate exercise**
- With elbow held close in to side of body, slowly rotate palm upwards and then downwards until stretch is felt at each extreme
Wrist bend exercise

- Holding upper part of hand with other hand, slowly bend wrist down and then upwards until stretch is felt at each extreme
  - Hold each for slow count of 10
    - Repeat 3 – 5 times

Forearm exercise

- Sitting with elbows out and palms together, slowly rotate palms down until stretch is felt
  - Hold for slow count of 10
    - Repeat 3 – 5 times
Stretches for neck & shoulders

**Neck stretch exercise**

- Sit or stand upright. Without lifting chin, glide head straight back until a stretch is felt
  - Hold for slow count of 10
  - Repeat 3 – 5 times

**Neck exercise**

- Drop head slowly to one side, taking ear towards shoulder until stretch is felt
  - Hold for slow count of 10
  - Repeat 3 – 5 times
Shoulder stretch exercise

- Raise shoulders towards ears until slight tension felt across tops of shoulders
  - Hold for slow count of 10
  - Repeat 3 – 5 times

Shoulder roll exercise

- Sitting with back supported, slowly roll shoulders up and backwards in circular motion
  - Repeat 10 times
**Stretches for back**

**Back exercise one**
- Interlace fingers and lift arms above head, keeping elbows straight
  - Pressing arms back, slowly stretch to one side
    - Hold for slow count of 10
    - Repeat 3 – 5 times to each side

**Back exercise two**
- Hold right arm with left hand just above elbow
- Gently push elbow towards left shoulder until stretch is felt
  - Hold for slow count of 10
  - Repeat 3 – 5 times to each side

**Back exercise three**
- Interlace fingers and lift arms above head
- Slowly lean backwards until stretch is felt
  - Hold for slow count of 10
  - Repeat 3 – 5 times
Stretches for legs & ankles

**Leg stretch exercise**

- Slowly lift one leg, straightening knee
  - Hold for slow count of 10
  - Repeat 3 – 5 times with each leg

**Ankle stretch exercise**

- Lift ankle clear of floor
  - Alternately flex and extend ankle in a pumping action
  - Repeat 10 times with each ankle