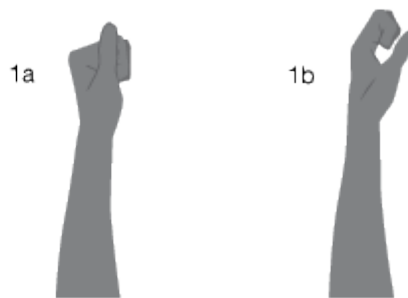


## DSE exercises

### 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



#### Wrist stretch exercise

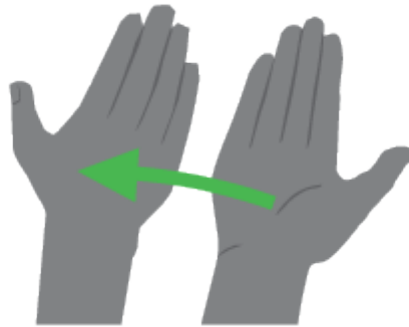
- With hand open and facing down, move wrist from side to side, until stretch is felt at each extreme
  - Hold each for slow count of 10
  - Repeat 3 – 5 times



#### Wrist rotate exercise

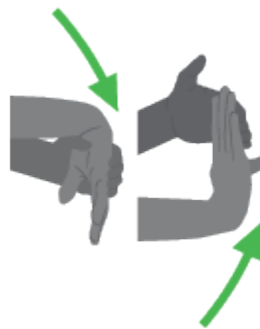
- With elbow held close in to side of body, slowly rotate palm upwards and then downwards until stretch is felt at each extreme

- Hold each for slow count of 10
  - Repeat 3 – 5 times



### **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**

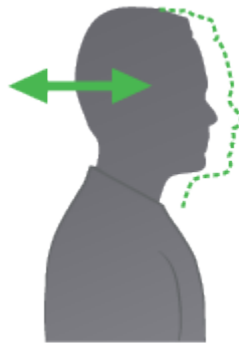
- Sitting with elbows out and palms together, slowly rotate palms down until stretch is felt
  - Hold for slow count of 10
  - Repeat 3 – 5 times



## **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

