



# Balance & Motion

MASSAGE THERAPY

## **ARM STRETCHES**

Proper technique for static stretches: 1) Warm up for 5-10 minutes. 2) Perform the movement slowly until you feel a mild pull sensation. 3) Hold position for 20-30 seconds or until the mild stretch sensation decreases. 4) Stretch both sides twice. **SP** = starting position **M** = movement **FS** = feeling of stretch



### **Tricep**

SP: Place R hand on R shoulder with elbow pointed forward.

M: Lift elbow and point it toward the ceiling, move R hand between shoulder blades.

FS: Underside of R arm between elbow and shoulder

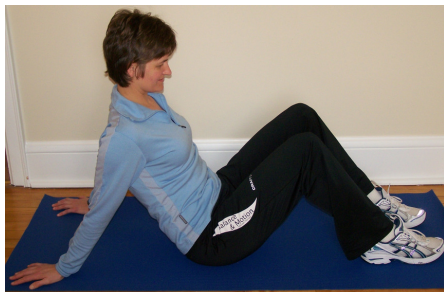


### **Wrist flexors**

SP: Straight arm, elbow extended, palm face up and open

M: Gently push hand back, bending at wrist

FS: Front of forearm

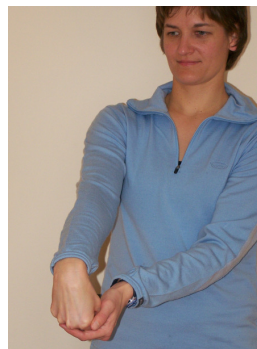


### **Bicep**

SP: Seated, reach both arms behind with palms down

M: Lean back

FS: Front of arm



### **Wrist extensors**

SP: Straight arm, elbow extended, palm face down

M: Gently bend hand forward at the wrist and curl fingers into a fist

FS: Back of forearm

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