

9 Simple Neck, Shoulder, Elbow, Wrist and Finger Exercises

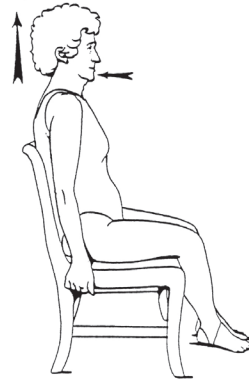
ARTHRITIS - 1 Deep Breathing

Place hands on stomach and take a deep breath, filling diaphragm. Feel hands move out. Exhale fully and feel hands move in.



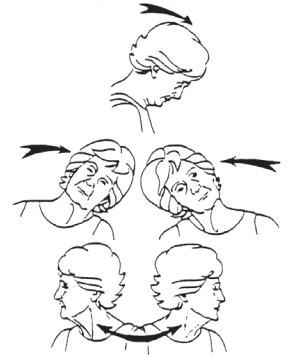
ARTHRITIS - 2 Axial Extension (Chin Tuck)

Gently pull chin in while lengthening back of neck. Hold 10 seconds while counting out loud.



ARTHRITIS - 3 Head Motions

Gently bring head forward and side to side as far as possible. Turn head right as far as possible and back to midline. Repeat to left. If you feel pain, do not move so far. If you feel fatigue, cut exercise repetitions in half.



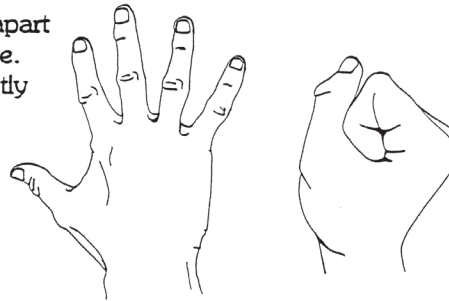
ARTHRITIS - 4 Shoulder Circles

Move shoulders up and around in circles - forward and backward.



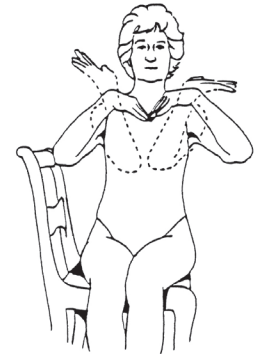
ARTHRITIS - 5 Fisters

Stretch fingers apart as far as possible. Close them tightly to make a fist.



ARTHRITIS - 6 Wrist Bends

Bend wrists down and up as far as possible.



ARTHRITIS - 7 Palm Turns

With elbows bent, turn palms up then down.



ARTHRITIS - 8 Elbow Bends

Straighten elbows, then make fists and bend elbows so fists point toward shoulders.



ARTHRITIS - 9 Arm Extenders

Clasp hands and reach both arms up as far as possible without pain. Try to keep shoulders down.

