



DrRobertShire.com



Wrist Warm ups for musicians...
...to keep your body in tune

Wrist Flexion Stretch Fingers Up | 30 sec per side



- Straighten your right arm and hold it out in front of you, with your palm facing towards you and fingers facing up.
- Cup your left hand around the back of your right hand.
- Keeping your fingers relaxed, gently pull with your left hand towards your body until you feel the stretch in the back of your right wrist.
- Hold the stretch for 30 seconds, increasing the pressure slowly until you feel a comfortable stretch.
- Repeat on the other side.

Wrist Flexion Stretch Fingers Down | 30 sec per side



- Straighten your right arm and hold it out in front of you, with your palm facing towards you and fingers pointing down.
- Cup your left hand around the back of your right hand.
- Keeping your fingers relaxed, gently pull towards you until you feel the stretch in the back of your wrist.
- Hold the stretch for 30 seconds, increasing the pressure slowly until you feel a comfortable stretch.
- Repeat on the other side.

Wrist Extension Stretch Fingers Up | 30 sec per side



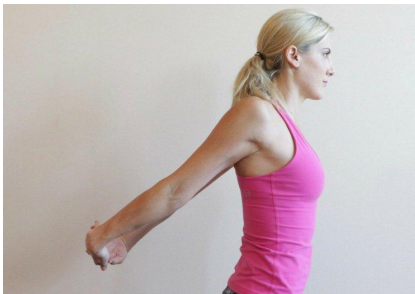
- Straighten your right arm and hold it out in front of you.
- Flex your wrist with your palm facing away from you and fingers pointing up.
- Use your left hand to gently pull your fingers back towards you.
- Hold the stretch for 30 seconds, increasing the pressure slowly until you feel a comfortable stretch.
- Repeat on the other side.

Wrist Extension Stretch Fingers Down | 30 sec per side



- Straighten your right arm and hold it out in front of you.
- Flex your wrist, with your palm facing away from you and fingers pointing down.
- Use your left hand to gently pull your fingers back towards you.
- Hold the stretch for 30 seconds, increasing the pressure slowly until you feel a comfortable stretch.
- Repeat on the other side.

Interlaced Fingers Behind Back | Hold 30 sec (3 reps)



- Interlace your fingers behind your back.
- Straighten your arms and lift up and away from your body.
- Hold the stretch for 30 seconds, then release.
- Shake out your wrists for 5 seconds.
- Repeat 3 times.

Palms Press Thumbs In | Hold 30 sec (3 reps)



- Press your palms together in front of you with your thumbs facing in and your fingers pointing up.
- Lower your hands as much as you can without allowing the heels of your hands to separate.
- Hold the stretch for 30 seconds, then relax for 5 seconds.
- Repeat 3 times.

Palm Press Thumbs Out | Hold 30 sec (3 reps)



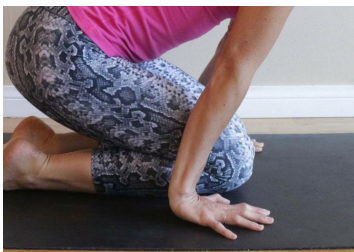
- Press your palms together in front of you with your thumbs facing out and your fingers pointing down.
 - Raise your hands as much as you can without allowing your palms to separate.
 - Hold the stretch for 30 seconds, then relax for 5 seconds.
 - Repeat 3 times.

Kneeling Floor Wrist Flexion Stretch | Hold 30 sec (3 reps)



- Kneel on the floor.
- Place the backs of your hands on the ground just next to your knees.
- Sit your butt back onto your heels as you keep your arms locked straight to stretch your wrists.
- Hold the stretch for 30 seconds, then relax for 5 seconds and bend your wrists the other way to counter the stretch.
- Repeat 3 times.

Kneeling Floor Wrist Extension Stretch | Hold 30 sec (3 reps)



- Kneel on the floor.
 - Place the palms of your hands on the ground just next to your knees.
 - Lean forward as you sit your butt on your heels and keep your arms locked straight to stretch your wrists.
 - Hold the stretch for 30 seconds, then relax for 5 seconds and bend your wrists the other way to counter the stretch.
 - Repeat 3 times.
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Kneeling Wrist Side-to-Side Stretch | 5 breaths per side (4 reps)



- Kneel on the ground and sit back on your heels.
- Place your hands on the ground on either side of your knees, with fingers pointing out.
- Rock over to the left to put all the pressure on your left wrist. Stay with the stretch for 5 deep breaths.
- Rock to the right and repeat the same stretch on your right wrist.
- Continue rocking from right to left, allowing a 5 breath stretch on each side, until you've stretched each side 4 times.

This wrist stretching routine can be used as often as you'd like to keep your wrists healthy and mobile. It's especially useful any time you experience wrist pain, soreness, or discomfort. Just remember to rest and avoid overstressing your wrist muscles as you're healing