

Weight Bearing Both Arms – Stretching Your Arm (Seated: Leaning Back Onto Both Hands)

It is very important to stretch your involved arm to make sure that all of your joints move the way that they should. Weight bearing stretches your joints, sends messages to the nerves in your muscles, and helps to strengthen the muscles in your arm and shoulder.



- Sit on a firm surface, such as firm couch, bed or floor (if you can get up and down).
- Slowly and gently lean back on your hands keeping your elbows straight.
- Keep involved side hand straight out (like left hand above)/rotated outward with thumb away from body (like right hand above).
- Variation: Arch your back and lift your chest to increase the pressure on your arms and hands.

Hold position _____ seconds/minutes.

Complete _____ repetitions.

Do activity _____ times per day/week.