

Active stretch.

Full arm stretch with twist.

This stretches the whole arm from the shoulder through the elbow to the small muscles in the hand.

- Interlace your fingers with the weaker thumb on top.
- Try to keep your palms together.
- Straighten your arms out in front of you – try to get your elbow as straight as possible.
- Hold the position for 20 seconds – then slowly bring the arm round to the right for 20 seconds – hold – then slowly bring the arm back to the middle for 20 seconds – hold – slowly bring the arm round to the left – hold for 20 seconds, slowly bring the arm back to the middle and lower.

