

Upper Limb Stretches



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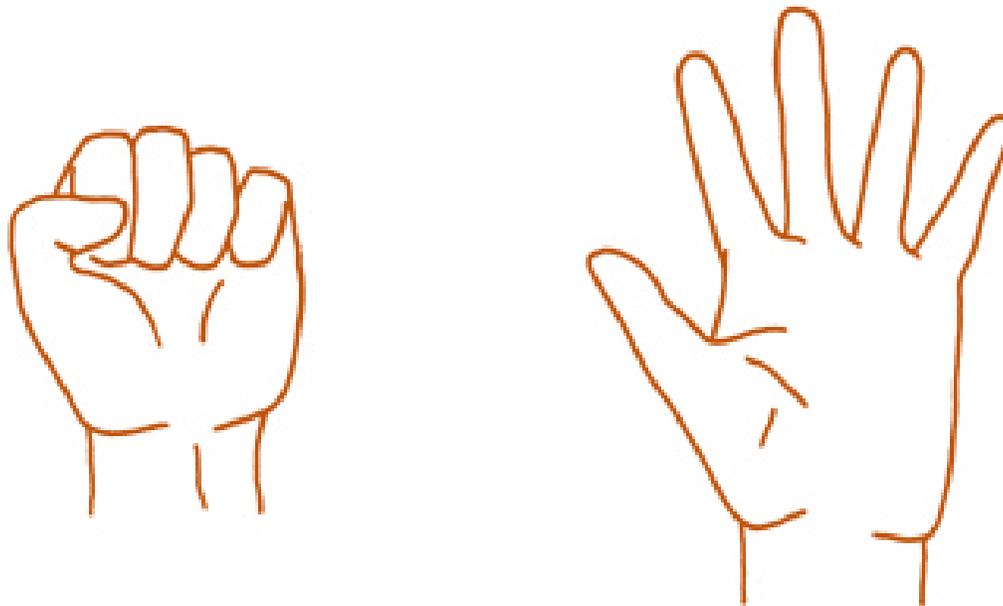
The most common areas to be affected by GVHD in Upper Limb are:

Fingers,
Wrists,
Elbow
&
shoulders

RECOMMENDATIONS:

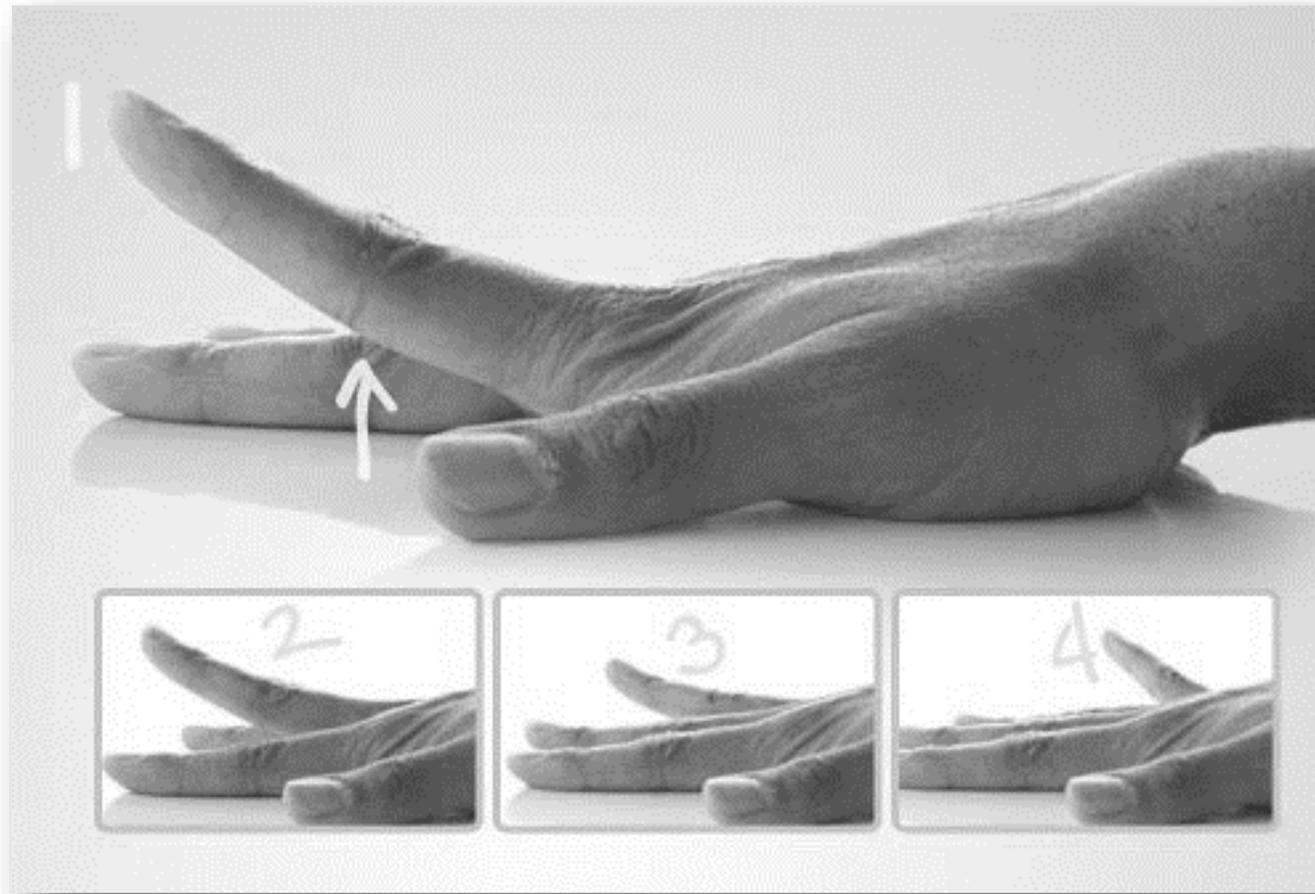
Hold each stretch for 30 seconds,
repeat 3 to 5 times.
Perform stretches 3 times a week.
The stretch should not be painful.

Finger & Palm Stretch



From closed fist position open your fingers spreading your fingers apart as far as comfortable to feel stretch in the palm of the hand and fingers.

Finger Stretch



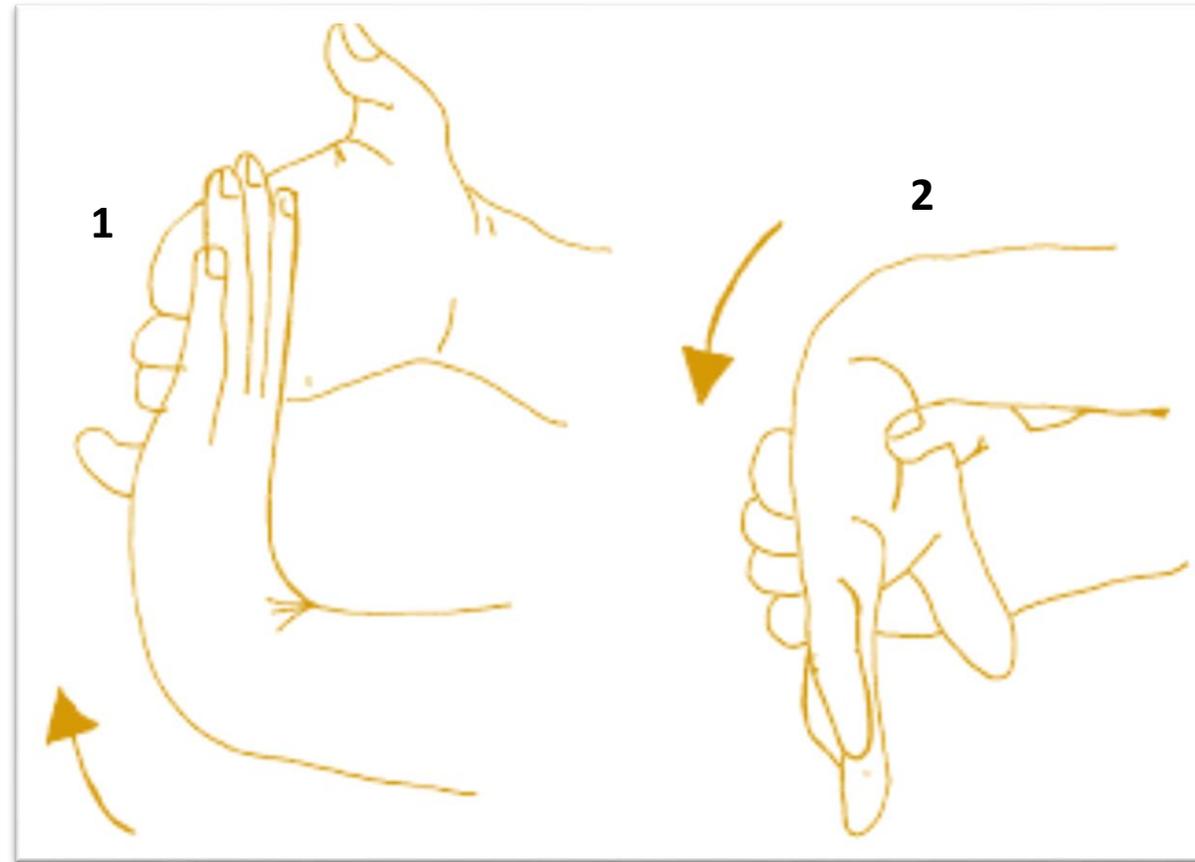
Keep your hand resting on a table with fingers flat. Raise each finger individually without lifting the palm starting with the index finger to feel the stretch on the volar aspect of the finger.

Wrist & Finger Stretch



Put palms together. Slowly lower wrists downwards as far as comfortable. Try and keep the whole area of the palms straight to feel the stretch in the wrist and palm.

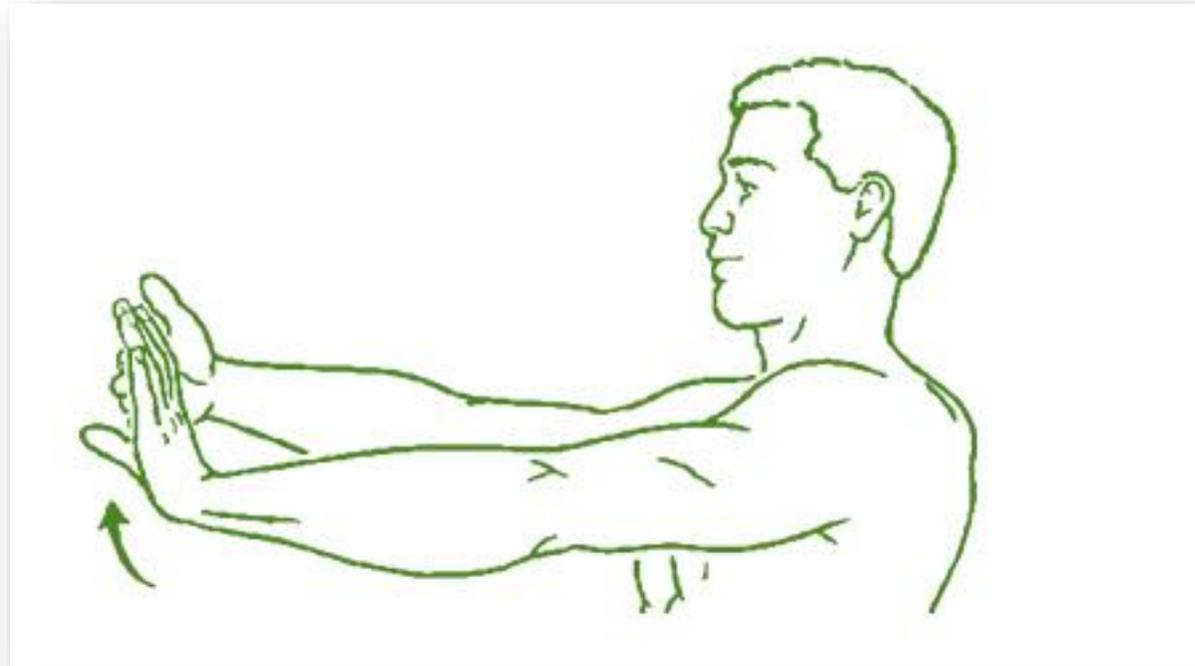
Wrist Stretch



1) Extension Stretch: With the forearm facing downwards, gently pull your wrist up and fingers backwards until you feel a stretch along the bottom of your forearm and through your wrist.

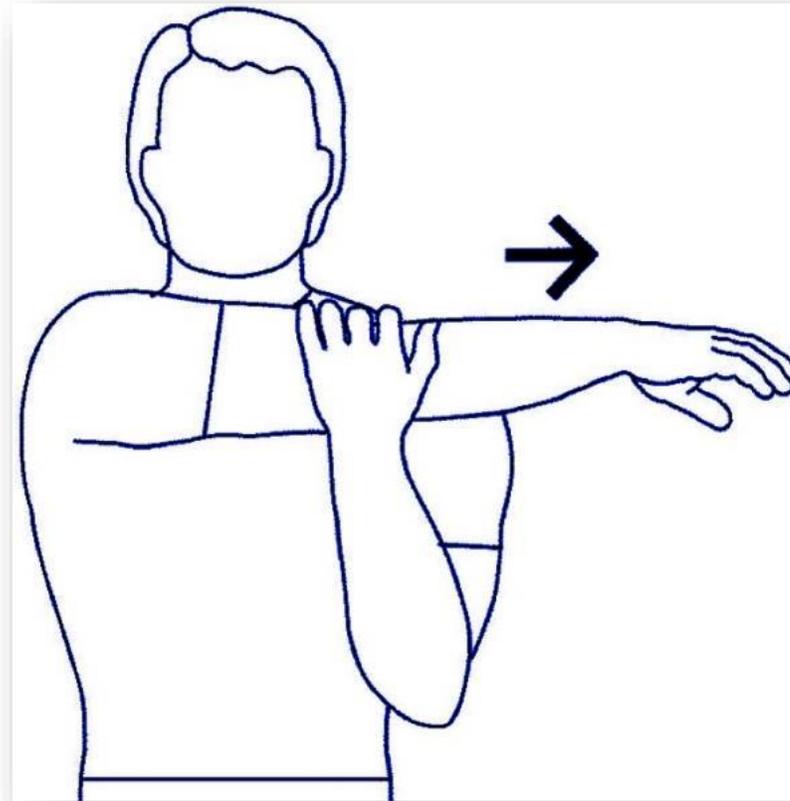
2) Flexion Stretch: With the forearm facing downwards, gently pull your wrist down towards the floor with fingers straight to feel the stretch on the dorsum of the forearm.

Elbow Stretch



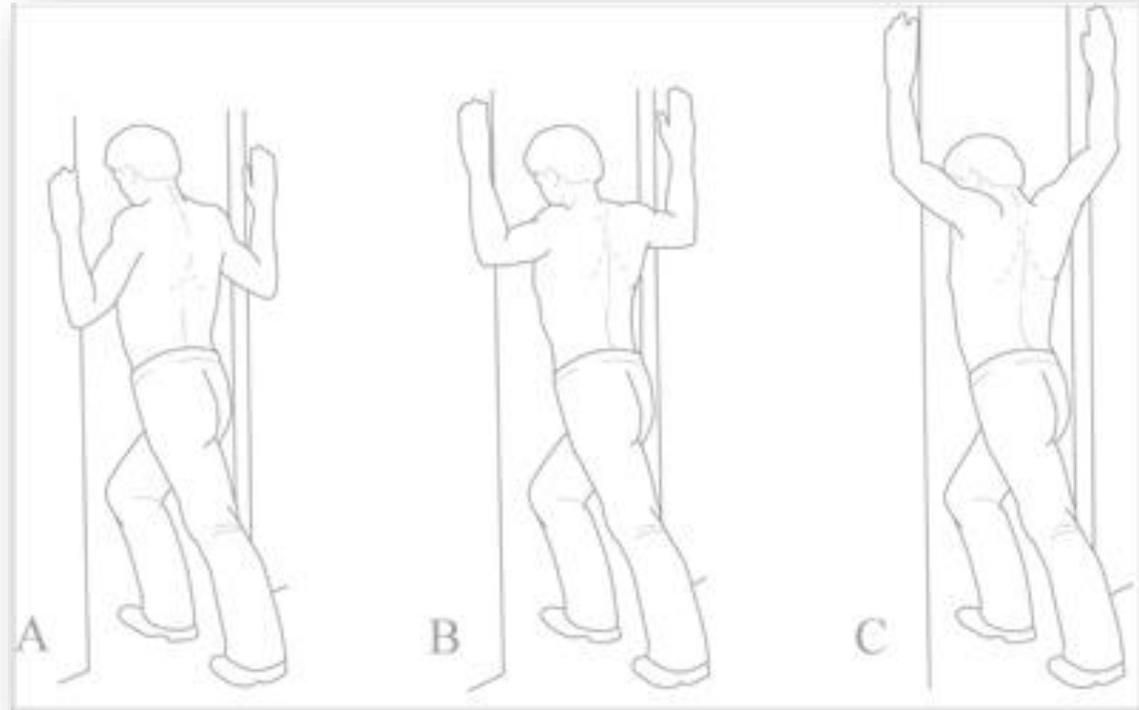
Keeping your elbow straight locked, gently pull your wrist up and stretch backwards until you feel a stretch along the wrist, forearm and elbow.

Shoulder Stretch



Bring your arm across to the chest to the opposite side arm, hold the elbow and gentle pull further to feel stretch behind the shoulder.

Chest Stretch



Place your both arms on the door frame with elbows and forearm flat, one leg forward and the other leg behind. Gently lean forward to feel the stretch in front of the chest. You can modify the position of your elbows as shown for variation in stretches.