

Sample Stretching Routines



Warm-up
Stretching Reference Guide

@The_TattooerHealthClub



Disclaimer



This content was created to support but not replace therapeutic services. If you are experiencing acute or chronic pain, please contact your PCP for further evaluations and diagnosis to manage any injuries to prevent from exacerbation of symptoms.

This presentation is for educational purposes only

Think like a Therapist



TIPS TO REMEMBER:

- All exercises in this program are baselined and can be upgraded by adding 1 additional set and/or 5 reps. (note do not increase both at the same time)
- Allow for at least 2 sessions prior to upgrading intensity to ensure your body can tolerate increased force & strain
- Joint pain: use heat in the morning (loosen muscles, tendons and ligaments to start your day & ice at night to reduce cumulative trauma during daily job duties)

(Warm-up) Active neck lateral flexion



Indication: Use for tight neck muscles or discomfort

1 set of 20x with 0 second holds

Instructions:

While sitting in a chair bend your head towards the left and bend your head to the right side.

(Warm-up) Active Neck Rotation

Indication: Use for tight neck muscles or discomfort

1 set of 20x with 0 second holds

Instructions:

While sitting in a chair rotate your head towards the left and rotate to the right side, repeat above intensity and duration



(Warm-up) Active Neck Circles

Indication: Use for tight neck muscles or discomfort

2 set of 5x with 0 second holds in each directions

Instructions:

While sitting in a chair with hands on your lap drop your head down to your chin to touch your chest. Rotate your head towards the right, backwards, to the left and back to starting position. Try to keep circles as large as possible and move slowly. (crunching is normal and will go away the more you do it, it's called crepitus)



(Warm-up) Wrist Forearm Rotation-Muscle Activation



Indication: Use for tight forearm muscles after stretching. Use daily to reduce risk of (RSI) from sustained static work loads and avoid muscle imbalances from tattooing.

1 set of 10x with no holds, both arms

Instructions:

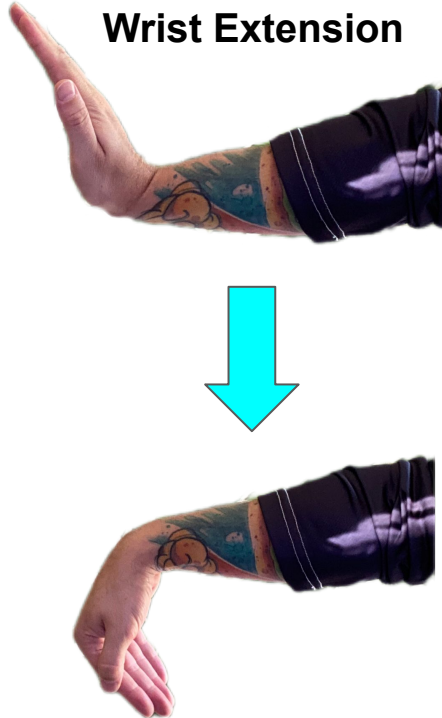
Start by bending both elbows at your side facing palm down. Next, rotate palm up and repeat.

(Warm-up) Wrist Flexion & Extension-Muscle Activation

Wrist Flexion



Wrist Extension

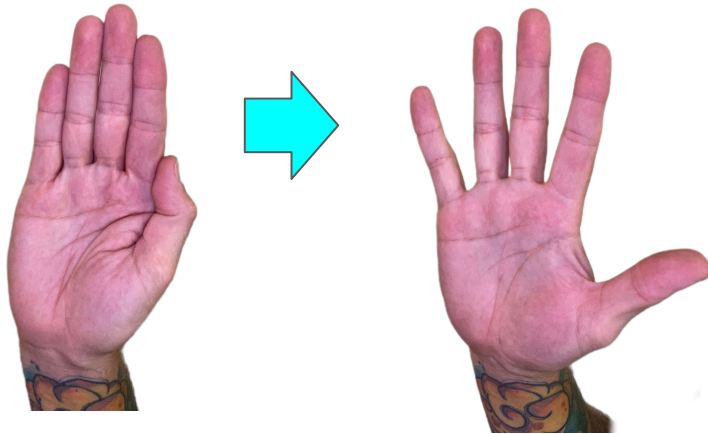


Indication: Use for tight forearm muscles after stretching. Use daily to reduce risk of (RSI) from sustained static work loads and avoid muscle imbalances from tattooing

Instructions:

Rest your arm on your thigh or on a table and bend at your wrist up and down with your palm face down as shown. Return to original position and repeat. Once completed turn over palm and repeat as shown in image

(Warm-up) Finger Space- Active Motion



Indication: Use for tight hand muscles. Use daily to reduce risk of (RSI) from tattooing and avoid muscle imbalances from sustained grasp of holding a tattoo machine

1 set of 10x with 0 second holds both arms and all fingers

Instructions:

Start by placing all your fingers together and separate all your fingers and return to starting position

(Warm-up) Thumb IP Flexion



Indication: Use after thumb stretch for tight hand muscles. Use daily to reduce risk of (RSI) from tattooing and avoid muscle imbalances from typing and sustained grasp of the tattoo machine.

1 set of 10x with both thumbs

Instructions:

Start by placing your hand thumb side up and straighten your fingers, bend only the top small joint of your thumb and return to starting position.

(Warm-up) Thumb MP flexion



Indication: Use after thumb stretch for tight hand muscles. Use daily to reduce risk of (RSI) from tattooing and avoid muscle imbalances from typing and sustained grasp of the tattoo machine.

1 set of 10x with both thumbs

Instructions:

Start by placing your hand thumb side up and straighten your fingers, bend only all the joints of your thumb and return to starting position.

(Warm-up) Thumb Active Palmar Add/Abd

Indication: Use for tight hand muscles.
Use daily to reduce risk of (RSI) from
tattooing and avoid muscle imbalances
from sustained grasp of holding a tattoo
machine.

1 set of 10x with both arms

Instructions:

Start by placing your hand thumb side up,
push your thumb away from your palm and
bring it back into the palm



(Warm-up) Wrist Radial & Ulnar Deviation



Indication: Use after thumb stretch for tight hand muscles. Use daily to reduce risk of (RSI) from tattooing and avoid muscle imbalances from typing and sustained grasp of the tattoo machine.

1 set of 10x with both wrists

Instructions:

Start by placing your hand thumb side up and straighten your fingers and keep them together, bend the wrist up and down and repeat without holds

Warm up Standing Quad Stretch



Indication: Use for tight hips & discomfort from prolonged sitting. (tight quads pulls pelvis into posterior tilt leading to hip pain)

1 set of 8x with 5 second holds for both legs

Instructions:

While in a standing position hold sturdy surface like wooden chair or counter top, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position behind you until a stretch is felt on the front of the thigh. Maintain good posture with shoulder back without

Warm up

Lying Down Hamstring Stretch W/ Towel or Strap



Indication: Use for tight lower back muscles & discomfort from prolonged sitting. (tight hamstring pulls pelvis into anterior tilt leading to LB pain)

1 set of 8x with 10 second holds for both legs

Instructions:

Start by laying on your back, place a large towel/stretching strap under the arch & ball of the foot. Bend opposite knee to reduce strain on lower back. Extend the knee and raise leg into the air with support of towel to stretch hamstrings like in the picture.

Example of break schedule :

	1 hour tattoo (no breaks)	2 hour tattoo	3 hour tattoo	4 hour tattoo	5 hour tattoo	6 hour tattoo
Pre-Tattoo stretching routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Routine 1 (NO degloving required)		1 hour <input type="checkbox"/>	1 hour <input type="checkbox"/>	1 hour <input type="checkbox"/>	1 hour <input type="checkbox"/>	1 hour <input type="checkbox"/>
Routine 2 (degloving required)			2 hour <input type="checkbox"/>	2 hour <input type="checkbox"/>	1 hour <input type="checkbox"/>	2 hour <input type="checkbox"/>
Routine 3 (degloving required)				3 hour <input type="checkbox"/>	1 hour <input type="checkbox"/>	3 hour <input type="checkbox"/>
Routine 4 (degloving required)				4 hour <input type="checkbox"/>	4 hour <input type="checkbox"/>	4 hour <input type="checkbox"/>
Routine 5 (degloving required)					5 hour <input type="checkbox"/>	5 hour <input type="checkbox"/>
Routine 6						6 hour <input type="checkbox"/>
Post Stretching routine 1	End of tattoo <input type="checkbox"/>	End of tattoo <input type="checkbox"/>	End of tattoo <input type="checkbox"/>	End of tattoo <input type="checkbox"/>	End of tattoo <input type="checkbox"/>	End of tattoo <input type="checkbox"/>



Long Format Stretching Routine.

- The Goal of this routine to is support you on a full day session.

-OR-

- Help give you a starting point of what stretches to do throughout the day.

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Moist Heat Soak With or Without Epsom Salt



Why should we use it?

- **Deep heat and exercise increases circulation to improve blood flow.** This removes trapped blood by tight muscles within the hands. This option replaces muscles with revitalized blood filled with nutrients and oxygen as with paraffin.
- **This allows those who can not tolerate** the **heat** of **the paraffin wax** with a more tolerable option (*most units have adjustable temps*)

✦✦ Adding Epsom salt is an excellent way to **level up** the **pain relieving effects**.

What is Epsom salt?

It's also known as **magnesium sulfate, NOT table salt**. It's a chemical compound made up of magnesium, sulfur, and oxygen.

It gets its name from the town of Epsom in Surrey, England, where it was originally discovered. Used to **ease health problems**, such as **muscle soreness** and **cumulative strain**.



moist heat is one of the best ways to deal with hand pain,

It's also affordable, easy to use, and harmless when used appropriately (every other day)

Hot compress with or without Epsom salt

1



2



Instructions

3



Place on the
location of pain

- Fill a pot with 2 cups of water with hot (but not boiling) water.
- Add 1/4 cup of Epsom salt and stir to dissolve.
- Fold a clean towel into thirds lengthwise.
- Soak the towel in the Epsom salt water, then wring the towel to squeeze out the excess moisture so that it's damp, but not dripping.
- Place dry towel over compress to insulate heat and improve effect.
- Keep heat in place until cool and repeat as needed. Perform targeted exercises for that area.