

# SONOGRAPHER'S QUICK REFERENCE GUIDE TO STRETCHING IN THE WORK PLACE | ARMS AND SHOULDERS




### Theraband rows

- Attach theraband to door handle
- Pull band towards you as you bend elbow
- Squeeze shoulder blades back
- Repeat 15 times per side

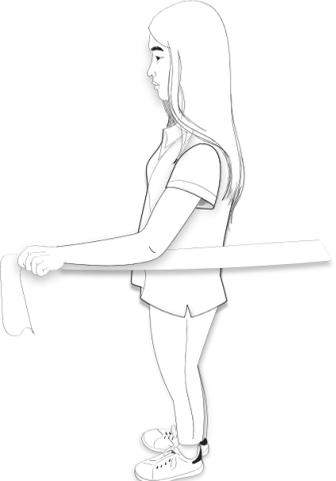
**AIM** strengthen scapular retractors



### Theraband hands up

- Hold band with palm down and elbow 45 degrees away from the body
- Rotate shoulder so the hand finishes with the palm facing forward ('hands up')

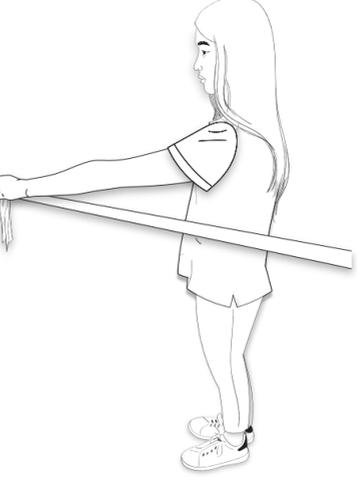
**AIM** strengthen posterior rotator cuff



### 'Wax on, wax off'

- Hold band with elbow bent
- Move arm forward without hitching shoulder
- Move hand in circular motion (like waxing car), then reverse circle
- Repeat 10 times per side

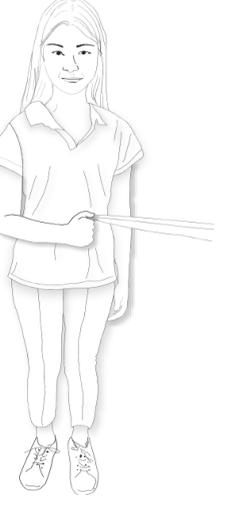
**AIM** improve rotator cuff control



### Punch plus

- Hold band with elbow bent
- Push arm forward until elbow straight
- Continue to push forward as you round your shoulder without hitching shoulder
- Repeat 10 times per side

**AIM** Improve serratus anterior strength



### External rotation

- Attach theraband to door handle
- Hold band and tuck elbow to side
- Rotate shoulder out from body
- Repeat 15 times each side

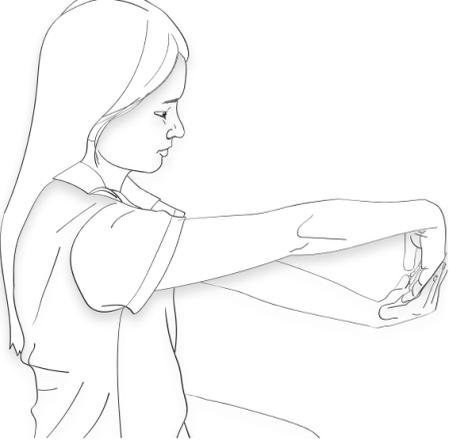
**AIM** strengthen posterior rotator cuff



### Rhomboid stretch

- Interlace fingers in front of body
- Round your shoulders and push palms away from your body
- Hold stretch for 20 sec
- Repeat 3 times

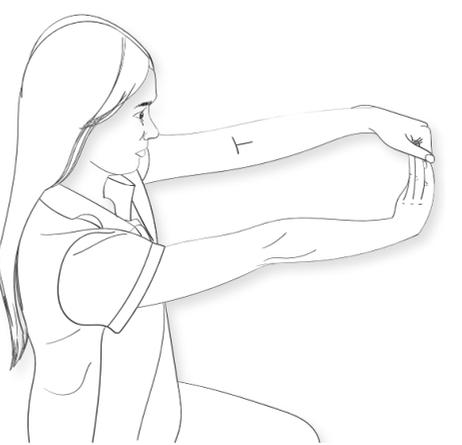
**AIM** stretch rhomboids



### Wrist extensor stretch

- Straighten elbow
- Pull and drop fingers down
- Pull fingers back towards you
- Hold for 20 sec
- Repeat 3 times per side

**AIM** stretch wrist extensors



### Wrist flexor stretch

- Straighten elbow
- Extend fingers up
- Pull fingers back towards you
- Hold for 20 sec
- Repeat 3 times each side

**AIM** stretch wrist flexors