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

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