

## Active stretch.

### Full arm stretch – low position.

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 down between your legs.
- You may be able to support the affected arm against the leg to help straighten the elbow further.
- Hold stretch for 20 - 30 seconds and repeat 3 - 5 times.

