

Wrist Extension Stretch – Self Stretch

While seated, place palms down at your side.
Slowly move hands backward
until a stretch is felt.
Hold 60 seconds, rest, reposition
and repeat 60 seconds.



Wrist and Finger Extension – Self Stretch

Place palms together in front of face,
slowly lower hands, keeping elbows out,
until a stretch is felt.
Hold 60 seconds, rest, reposition
and repeat 60 seconds.



Neck Extensor - Self Stretch

Begin in a comfortable neck position looking
forward. Tuck the chin down while extending
the back of the neck.
Hold 5-10 seconds and repeat 5-10 times.



Trunk Rotation - Self Stretch

Laying on the back with knees bent, swing
them to one side allowing the hips and lower
back to rotate in the same direction. Keep
shoulders down.
Hold 10-20 seconds and then repeat on the
other side. Repeat each side 10-20 times.



Compliments of the Duchenne Therapy Network and CureDuchenne Cares