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PAIN MANAGEMENT

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Instructions for personalized exercise routine:

Stretching exercises should only be performed after a thorough warm up is conducted. A thorough warm up should consist of light physical activity, for example walking in place, for approximately 10 minutes. A thorough warm up will prepare your muscles for the following stretching exercises by increasing blood flow, which in-turn increases the delivery of oxygen and nutrients to the working muscles.

Perform each stretch gently and slowly—avoiding any bouncing or jerky movements. Stretch only to the point where you can feel tension in the muscle group and never stretch to the point of pain or discomfort. Breathe slowly and deeply while performing each stretch.

After reading the description and viewing the accompanying picture on the next pages move your body into the stretch position and hold each stretch for 30 seconds. Relax for 10 to 15 seconds between each stretch. Stretches should be done on both sides. Perform the exercises for 10 minutes in the morning and 10 minutes in the evening.

Call the office (718-625-4244) with any questions regarding the exercises.

If the stretches produce pain or discomfort, STOP performing exercises.

Stretch #B15

Thumb Stretch, is for the muscles of the Forearms & Wrists

Start with your fingers pointing up and your thumb out to one side, then use your other hand to pull your thumb down.



Stretch #B12

Palms-out Forearm Stretch, is for the muscles of the Forearms & Wrists

Interlock your fingers in front of your chest and then straighten your arms and turn the palms of your hands outwards.



Stretch #B16

Fingers-down Wrist Stretch, is for the muscles of the Forearms & Wrists

Hold on to your fingers while straighten your arm. Pull your fingers towards your body.



Stretch #B17

Rotating Wrist Stretch, is for the muscles of the Forearms & Wrists

Place one arm straight out in front and parallel to the ground. Rotate your wrist down and outwards and then use your other hand to further rotate your hand upwards.



Stretch #B13

Fingers-down Forearm Stretch, is for the muscles of the Forearms & Wrists

Hold onto your fingers and turn your palms outwards. Straighten your arm and then pull your fingers back using your other hand.



Stretch #B14

Finger Stretch, is for the muscles of the Forearms & Wrists

Place the tips of your fingers together and push your palms towards each other.

