1. **For your arms and shoulders:** Grab one elbow and pull towards your shoulder. Switch sides. 
   - 15 seconds each arm

2. **For your arms and shoulders:** Interlace fingertips, flip palms to face upwards and straighten arms above your head. 
   - 15 seconds

3. **For your wrists:** Rotate from left to right. 
   - Rotate 10-15 times each direction

4. **For your wrists:** Flatten palms against an imaginary wall. Switch directions and point fingertips down. 
   - 10 seconds each position

5. **For your hands:** Scrunch your fingertips towards the palm of your hand. 
   - 10 seconds 2 times

6. **For your hands:** Pancake your palms while extending your fingertips outwards. 
   - 10 seconds 2 times

---

**TAKE A BREAK**

Ten to 15 second upper body stretches

---

Northwestern Medicine