

Stretch!

It's Good for Your Mind and Great for Your Body

This Hands, Arms and Shoulders routine by stretching authority Bob Anderson is perfect for shaking off stiffness and stress that accumulates after long hours at the lab bench.



It's a good pipetting practice to get up from the lab bench every 20 or 30 minutes. Try to do all or part of this stretching routine several times throughout the day.

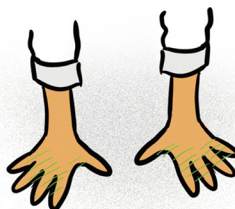
1

With your fingers interlaced and in front of you, gently rotate your hands and wrists clockwise and anti-clockwise 10 times.



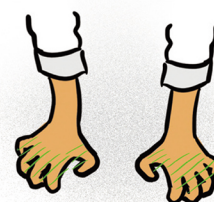
2

Next, separate and straighten your fingers until you feel the gentle tension of the stretch. Hold 10 seconds, then relax.



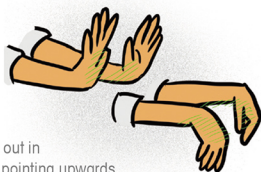
3

Bend your fingers at the knuckles and hold for 10 seconds. Now, relax.



4

With your arms straight out in front of you and fingers pointing upwards, bend your wrists toward you to stretch the back of your forearms. Hold 10-12 seconds. Repeat. Next, bend your wrist with your fingers pointing downward to stretch the top of your forearms. Hold for 10-12 seconds. Repeat.



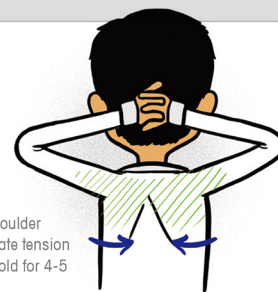
5

Gently raise your shoulders toward your ears until you feel a slight tension in your neck and shoulders. Hold for 5 seconds, then relax.



6

Interlace your fingers behind your head and pull your shoulder blades together to create tension in your upper back. Hold for 4-5 seconds then relax.



7

Turn your chin toward your left shoulder to create a stretch on the right side of your neck. Hold for 5-10 seconds. Stretch to each side twice (and breathe!).



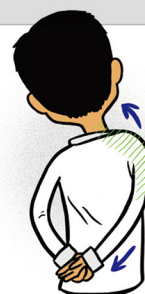
8

Gently pull your elbow across your chest toward your opposite shoulder. Hold for 10 seconds and relax. Do this for both sides.



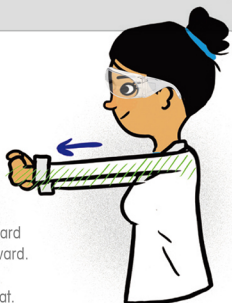
9

Lean your head sideways toward your left shoulder. At the same time, use your left hand to pull your right arm down and across, behind your back. Hold for 5-10 seconds. Repeat on both sides.



10

Interlace your fingers out in front of you at shoulder height. Turn your palms outward as you extend your arms forward. Hold an easy stretch for 15 seconds, then relax and repeat.



11

Interlace fingers behind your back and slowly turn your elbows inward while straightening your arms. Hold for 5-10 seconds.



12

Interlace your fingers above your head and, with palms facing upward, put your arms slightly back and up. Hold for 15 seconds (and breathe!).



This "Hands, Arms & Shoulders" routine is excerpted from *Stretching*, the definitive guide to understanding and leveraging the power of movement, ©2010 by Bob and Jean Anderson. Reprinted with permission, Shelter Publications, Inc., Bolinas, California U.S.A.

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