

Do these gentle stretches at nappy change time.  
Stretch the **RIGHT** side first and then the **LEFT** side.



## 1. Shoulders - "Hands Up"



## 2. Shoulders - "Snow Angels"



## 3. Bend and Straighten Elbows



## 4. Forearm Turns



Stretch the **RIGHT** side first and then the **LEFT** side.

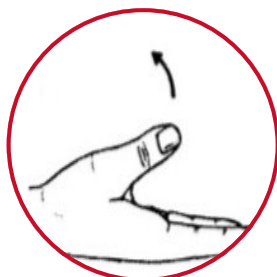
5 Wrists - Up and Down



6 Fingers—Straighten



7. Thumbs Up and Out!



8. Knees - Cycling



9. Ankle Bends



**SAFETY NOTE:** These movements must be gentle. Never force a joint to move. If a particular joint is repeatedly stiff and difficult to move, contact your therapist or other health professional.

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