

# ISOMETRIC EXERCISES

*Recommended by leading experts in tendinopathy research*

Isometric exercises allow you to use your own body strength to stretch or strengthen different muscles, and are recommended by leading experts in the field of tendinopathy research. We've put together some you can do while watching TV or sitting at your desk.

## ARMS

Isometric arm stretches don't have to be complicated: you don't even need weights or equipment— just use your own strength against yourself.

1. The first arm stretch is pushing your palms together as pictured below.



2. A great way to exercise the upper arm muscles is to put one arm at a 90° angle, clasp your hands together, and push your arms together as hard as you can. After holding for as long as you can, swap arms to fully exercise the muscles on both sides.



## WRISTS

Typing and other repetitive activities often contribute to sore wrists. Here are some isometric exercises to strengthen your wrists.

1. Place your right hand on a surface and put your left hand on top of it. Push up from your wrist with your right hand while pushing down against it with your left. You can hold this for as long as you like, and then repeat with the other hand.
2. This stretch is the opposite of the last one. Hold your hand face up, not leaning on any surface, and place your other hand on top. Push up with the bottom hand while also pushing down from the top hand.



## SO YOU'VE JUST GOT RSI

### HANDS

Four easy ways to exercise your hands while sitting at your desk are:

1. Finger curling: slowly bend your fingers down into almost a fist, hold for a few seconds, then slowly unfurl them.
2. Half-bend: bend your fingers to a 90° angle from your knuckle, as pictured on the right, hold for a few seconds, then straighten.
3. Fingertip touches: start with your hand completely open, then move your index finger to touch the tip of your thumb, then your middle finger to thumb, ring finger to thumb and pinky to thumb. Do this at a slow pace, maintaining control of your fingers and fully stretching them out each time.
4. Hand spread: begins with your hand at a 90° angle to your wrist, with your fingers closed and straight. Spread your fingers as wide as they can go, stretching away from one another, and hold this for a few seconds before returning to the original position.



Finger Curling

Half-bend

### NECK

For each neck exercise, try to hold it for at least 10 seconds, and repeat up to three times before moving on to the next one.



1. Place your hands on your forehead, try to bend your head forward while using your hands to push back against yourself.

2. Place your hands behind your head and do the opposite, bending your neck backwards while pushing in the other direction with your hands.



3. This time, place your hand on the right side of your head and try to bend your head down to your right shoulder, making sure you don't turn your face to the right, just bend from your neck. Once again, push against yourself with your hand. You can then do the exact same thing on the left side.



*Before undertaking any of these exercises we recommend that you consult a health professional.*



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