

# Stretches for Guitar Players

Spending five minutes doing simple finger, arm and wrist stretching exercises before practice can be beneficial. Stretching encourages blood flow with nutrients that facilitate healing and growth.

Regular stretching helps you stay flexible so you can practice more easily and productively and avoid injury. You might find it also helps you get into a certain “ready to focus on guitar practice” mindset.

Here are a few exercises to limber up hands prior to practicing guitar. There are plenty of stretches, these are just the ones I use regularly. You can also do these away from your guitar.

**Praying Hands:**  
palm to palm and tip to tip, use one hand to push the other one back. You'll feel that on the inside of your forearm.



**Bend back fingers:**  
first two fingers of one hand, press on the pad of one finger of the other hand. Push back gently towards the crook of the elbow, you'll feel this in your finger, palm & wrist.



**Stop:**  
hold one arm out straight fingers up and grab your fingers with the other hand. Gently pull back towards the crook of your elbow.



**Stretch webbing:**  
1st finger and thumb between 1st and 2nd fingers of the other hand. Push those fingers apart. you'll feel this in the finger webbing



**Shake it baby shake it:**  
Shake both hands vigorously! Loose finger joints are great for guitar players!



**Stop upsidedown:**  
hold one arm out straight fingers down and grab your fingers with the other hand. Gently pull back towards your elbow.



**Don't forget:** if you feel some pain or discomfort when you play, it's probably a good idea to treat it as you would for any sore body part. For me, that means rest, ice, wrap, elevate and ibuprofen.

