

CHICKEN WINGS



Starting Position

- Sit comfortably on a chair, place hands together loosely behind the back of your neck, keep both elbows close to your face



Movement

- Slowly open your elbows out to the side as you breathe out
- Hold for at least 5 seconds before releasing the stretch and bringing your elbows back to your face
- Repeat this exercise 3 – 5 times

Notes:

- You will feel tightness and pulling in the armpit and on your chest on the operated side when you do this stretch
- Try to keep your upper shoulders and neck relaxed as you do the stretch