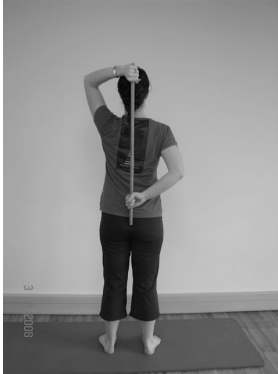


ARM MOBILITY



Starting Position

- Stand with feet shoulder width apart, left hand holds the top of the stick, right hand takes the bottom



Movement

- Slide your hands slowly together so that you feel a stretch in your shoulders.
- Hold for 20 seconds
- Repeat this 3-5times
- Then change your hands over so your right hand takes the top and your left hand holds the stick
- Repeat this 3 – 5 times

Notes:

- Ease into the stretch
- Shoulders should be relaxed throughout the movement