

SUNBATHER STRETCH



Starting Position

- Lie on your back with your knees bent and feet flat on the floor
- Clasp your hands together loosely and place them behind your head
- Keep both elbows close to your face



Movement

- Exhale. Slowly lower your elbows toward the floor
- Hold your arms in this position for 3 breaths, trying to push your elbows a little lower each time you exhale
- Slowly release the stretch back to the starting position
- Repeat 3 – 5 times

Notes:

- You will feel tightness and pulling in the armpit and on your chest wall on the operated side
- You should not feel sharp pain, if you are concerned consult your Pink Pilates Physiotherapist