

## CLAM SHELL STRETCH



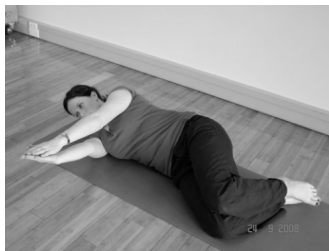
### Starting Position

- Lie on your side with your knees bent up
- Place a support under your head and reach your arms out in front of you, palms together



### Movement

- Exhale. Reach your top arm up and over and rotate your mid back and head to follow your arm
- Set your lower abdominal muscles and keep your hips still to increase the stretch across your chest and into the middle of your back
- Inhale and hold this position



- Exhale. Return your arm and body back to the starting position
- Repeat 3 times each side

### Notes:

- Make sure you rotate your upper body as well as your arm when you stretch otherwise you could place too much pressure on your shoulder