

SHOULDER STRETCHES



POLE STRETCH

- Hold a pole/broom handle behind your back as shown
- Slowly slide your hands together on the pole, hold at least 10 seconds

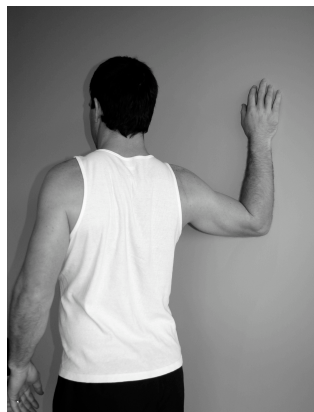


A) SHOULDER FRONT STRETCH

- Take 1 arm straight across your body
- Use the other arm to pull the arm towards your body

B) TRICEP STRETCH

- Take 1 arm up behind your head – reaching hand down your back
- Use other hand to push hand down from the elbow



A) CHEST STRETCH

- Place your hand on the wall out to the side with elbow straight
- Lean forward from the shoulder

B) CHEST STRETCH BENT ARM

- Place your elbow and hand on the wall at 90deg
- Lean forward from the shoulder



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