

Shoulder Stretching



Pull your hand up your back toward the middle of your shoulder blades.

Hold for _____ Seconds. _____ Reps
Perform _____ Daily



Pull arm across your body just below the chin and keep your shoulder blade on the table.

Hold for _____ Seconds. _____ Reps
Perform _____ Daily

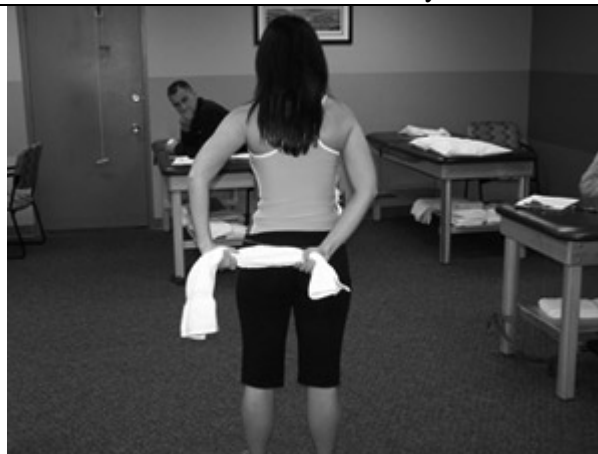


Push the palm of your hand toward the table, while keeping the back of your shoulder on the table.

Hold for _____ Seconds. _____ Reps
Perform _____ Daily



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Pull arm toward the middle of your back.
Hold for _____ Seconds. _____ Reps
Perform _____ Daily