
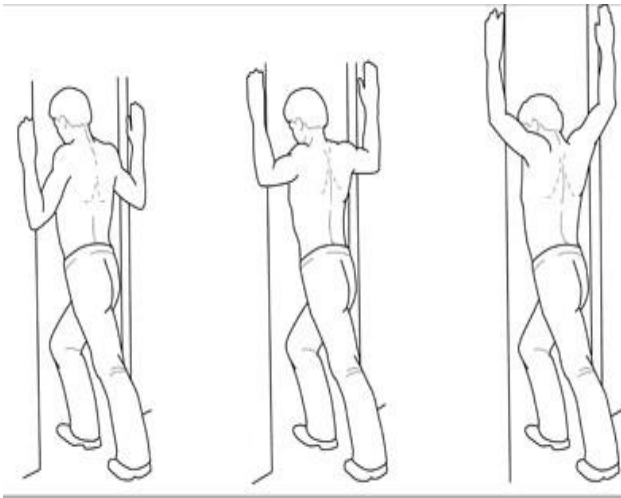
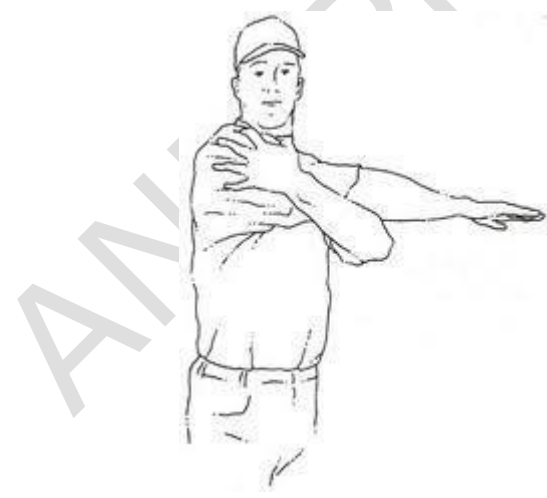
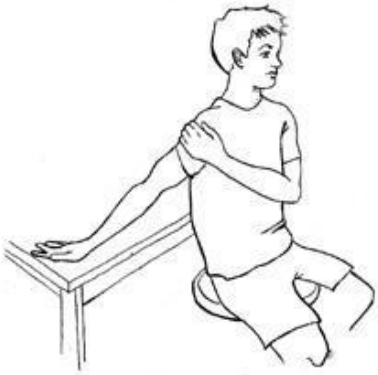
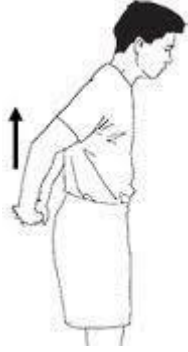


Shoulder Stretching Exercises	Descriptions
	<p>Lie flat on floor, pillow under head. Stretch arms out to side. Bend elbows to crook lower arms downward, at right angle. Hold position. Bend elbows to crook lower arms upward, at right angle. Hold position. Keep shoulders flat on floor throughout.</p>
	<p>A door stretch in multi-angle positions helps to reduce the stiffness of shoulder joint. Stand in front of door way with shoulder apart on the wall on each side in all angles; lean forward to feel the stretch on your shoulder joints.</p>
	<p>In a standing position, bring the first arm across your chest while using your second arm to pull it towards your chest. You should feel this stretching your shoulder muscles. After 15-30 seconds of stretching your first shoulder, switch arms.</p>



Stand and pull both arms behind your back keeping your elbows straight.

Bring your left first arm up and place the palm of your hand down the center of your back with your elbow in the air. Place your right hand on your elbow and gently hold in place as you stretch your first arm. After 15-30 seconds, switch arms.

Seated, place arm on a table behind you. Apply gentle force down and forward through shoulder. Hold for 30 seconds. Repeat with opposite arm.