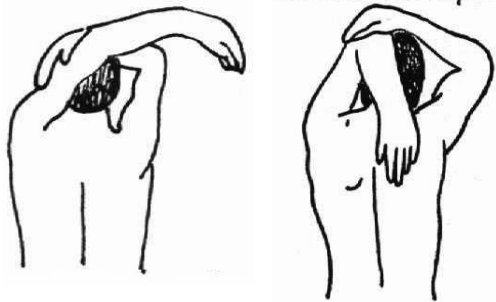




Advice Sheet AS22: Shoulder Mobility Exercises

Shoulder Mobility Exercises



1. Head slightly forward. Hold your arm up as far as possible and pull to stretch for 10-15 seconds. Repeat with the opposite arm.



2. Hands behind the back. Press the palms together for 10-15 seconds.

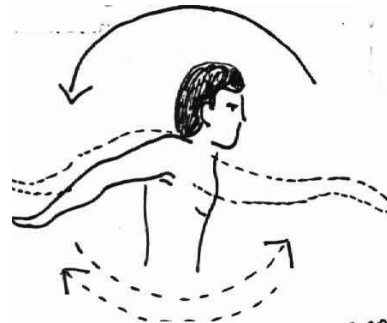
3.



Hold the opposite elbow, pull to stretch.



directions to stretch.



5. Stretch the arms as far back as possible. Hold for 10-15 seconds.

6. Swing the arms back and forth, increasing the swing gradually.



7. Clasp hands behind the neck, stretch your elbows back.

8. Use a Towel as if drying your back.

Instructions:

- Start with five repetitions for each exercise and gradually increase the number of repetitions.
- Always work within a comfortable range of movement.
- Include all exercises, if any of the exercises are too painful or difficult please omit.

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4. Grip hand with fingertips. Pull arms in opposite

