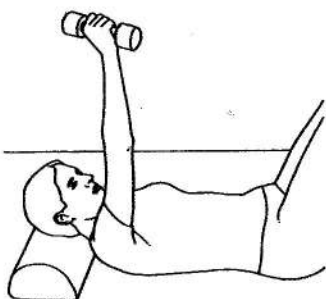


Provided by : Martin Phelan, MISCP, MMACP

Date : 14/05/2009



Lying on your back, arm straight towards the ceiling holding a weight.

Stretch your arm out further towards the ceiling. Hold approx. 10 secs. Relax.

Repeat ___ times.

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Sit with your back straight and feet firmly on the floor.

Pull your shoulder blades together while turning your thumbs and hands outwards.

Repeat ___ times.

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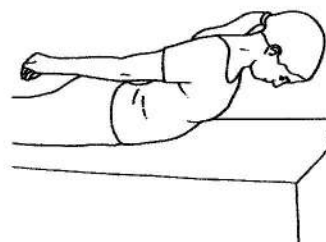


Stand leaning on a table with one hand.

Let your other arm hang relaxed straight down. Bend your elbow bringing it behind your back and pull your shoulder blades together.

Repeat ___ times.

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Lying face down, arms behind your back.

Lift your upper trunk off the floor and pull your shoulder blades together. Look down at the floor while doing the exercise.

Repeat ___ times.

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