

Shoulder Stretching



Shoulder & Bicep Stretches

- Step 1: Stand; one arm and wrist straight; palm facing forward
- Step 2: Find a table or chair at fingertip height
- Step 3: Walk forward into the table/chair until fingertips touch
- Step 4: M.E.T. Push arm forward for 10 seconds against the table/chair
- Step 5: Exhale; move arm backward, gently stepping forward into table for 2 seconds
- Step 6: Repeat stretch 2-3 times.