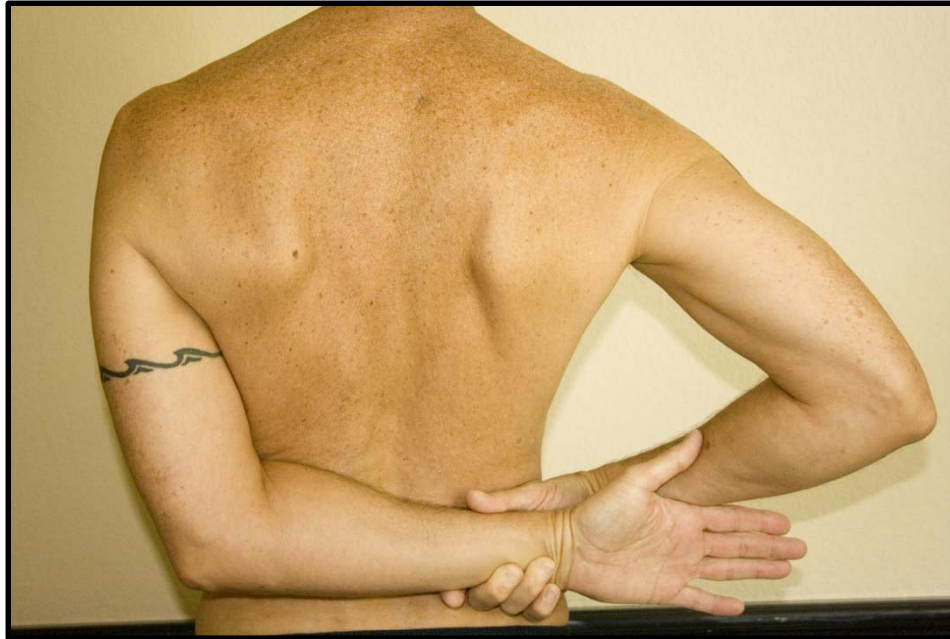


Shoulder Stretches



Supraspinatus/Upper Trapezius Stretch

- Step 1: Place arm behind back, keep shoulders square
- Step 2: Grasp left wrist with right hand
- Step 3: While holding onto wrist pull left arm out for 10 seconds / against your own resistance
- Step 4: Exhale; relax and gently pull arm into a stretch
- Step 5: Repeat 2-3 times
- Step 6: Repeat on opposite side