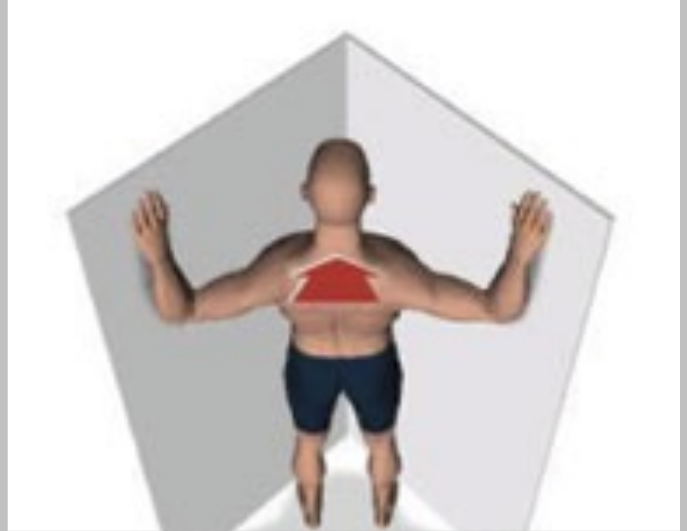


ANTERIOR SHOULDER



OPTION 1



OPTION 2

INSTRUCTIONS

Option 1: Start by facing a wall with the stretching arm reaching out as far a possible and placed flat against the wall. Next turn your body away from the stretching arm attempting to maintain contact between the stretching shoulder and the wall. The non stretching arm is allowed to slide towards your body and bend.

Option 2: Find an open corner. Facing the corner, raise your arms up so both elbows are at shoulder height. Walk your body into the corner so both elbows and forearms rest flat against each wall. Keeping your chest up and eyes and head looking straight ahead lean into the corner squeezing your shoulder blades together as if attempting to pull them away from contacting the wall.



Northwestern Health
Sciences University

Hold Stretch: 30 seconds

Repeat: 4 - 6 times

Frequency: daily / _____x/wk