

Arm and Shoulder Stretch—Shoulder Fixations, Unequal Arm Length *To restore normal shoulder, neck and chest mobility*

Stand erect with your hands clasped behind your back. Your arms should be extended and your elbows as straight as possible. Keep your chest out and head back slightly.

Gradually raise your arms while bending your head and shoulders back slightly. Hold your arms as high as possible for a count of five. (Ex. A)

Then begin to bend forward, slowly, at the waist while continuing to raise your clasped hands with your elbows still as straight as possible. Your head drops forward as you continue to bend forward as far as possible. When you can't bend any further, hold this position for a count of ten. (Ex.B)

Return to the upright position and rest.
Repeat two more times.

Go slowly and breathe normally –Don't hold your breath!

