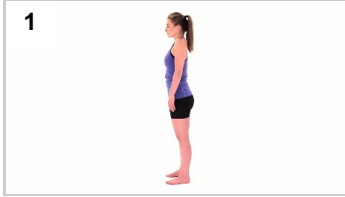


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## Standing Backward Shoulder Rolls

REPS: 10

SETS: 1



### Setup

Begin in a sitting or standing upright position with your arms at your sides.

### Movement

Gently roll your shoulders backwards. Repeat this movement forwards.

### Tip

Make sure to maintain good posture during the exercise.

---

## Arm Circles on Swiss Ball

REPS: 10

SETS: 1



### Setup

Begin sitting upright or standing. Raise your arms directly to your sides with your elbows straight.

### Movement

Make small circles with your arms, first in one direction, and then in the other.

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## Seated Bilateral AROM Pectoralis Stretch

REPS: 10	SETS: 1
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### Setup

Begin sitting or standing upright.

### Movement

Lift your arms out to your sides and up to shoulder height, reaching your elbows backward. You should feel a stretch in your chest.

### Tip

Make sure not to shrug your shoulders during the exercise.

---

## Seated Overhead Reach Stretch

REPS: 10	SETS: 1
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### Setup

Begin sitting upright in a chair or standing.

### Movement

Straighten your arms out in front of you with your elbows straight and fingers interlocked, then raise them overhead, feeling a stretch in your shoulders.

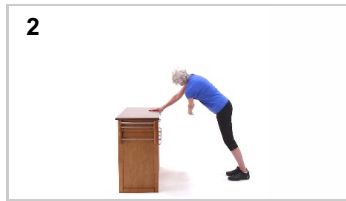
### Tip

Make sure to breathe deeply during the stretch.

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## Plank with Thoracic Rotation on Counter

<b>REPS: 5</b>	<b>SETS: 2</b>	<b>HOLD: 5</b>	<b>DAILY: 1</b>
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### Setup

Begin in a standing upright position with your hands resting on a counter.

### Movement

Step backward into a plank position. Reach one arm underneath and across your body, then slowly rotate your trunk to reach your arm up toward the ceiling. Repeat with the opposite arm.

### Tip

Make sure to keep your abdominals engaged and maintain your balance. Do not arch your back or shrug your shoulders during the exercise.

---

## Standing Thoracic Spine Stretch

<b>REPS: 5</b>	<b>SETS: 2</b>	<b>HOLD: 5</b>
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### Setup

Begin in a standing upright position in front of a chair.

### Movement

Hinge at your hips and reach your arms forward to hold onto the back of the chair, lowering your trunk toward the ground until you feel a stretch and hold.

### Tip

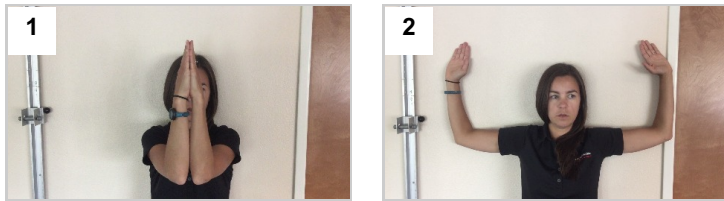
Make sure to keep your balance and do not arch your low back during the exercise.

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## Shoulder Horizontal Abduction Back to Wall

REPS: 5	SETS: 2	HOLD: 5
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### Setup

Standing with your back to the wall and elbows together at shoulder height.

If no wall is accessible - stand upright straight.

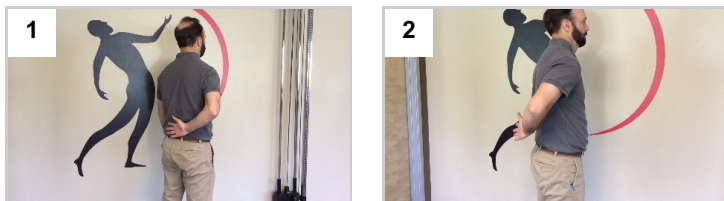
### Movement

Separate elbows, pressing them against the wall. Return to starting position.

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## Hand Behind Back Lift Off

REPS: 5	SETS: 2	HOLD: 5
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### Setup

Reach hand up behind back at comfortable height, palm facing away from back.

### Movement

Keeping hand at same height, lift hand away from back.

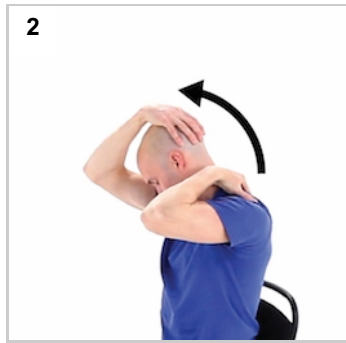
### Tip

If pinchy or painful, lower hand slightly.

## Seated Levator Scapulae Stretch

REPS: 2

HOLD: 15



### Setup

Begin in a sitting position. Place one hand on your shoulder and your other hand on your head.

### Movement

Gently bend your head forward and away from your shoulder blade until you feel a gentle stretch in your upper back and neck. Repeat to the other side.

### Tip

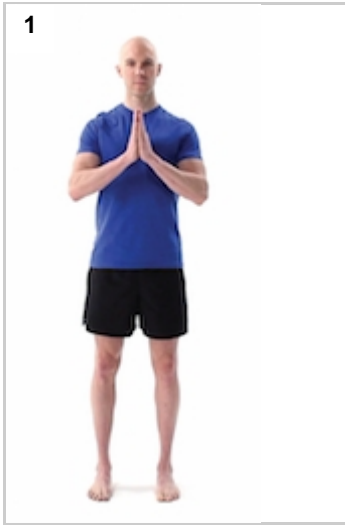
Make sure to keep your back straight during the exercise.

---

## Wrist Prayer Stretch

REPS: 2

HOLD: 15



### Setup

Begin in a standing upright position. Place your hands together with your palms facing inward.

### Movement

Gently push your hands together and lower them downward at the same time, feeling a stretch in your wrists.

To significantly increase the stretch you can turn your hands to point downward.

### Tip

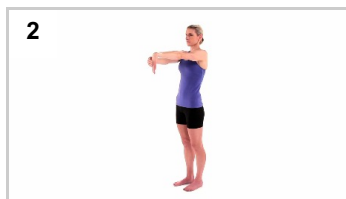
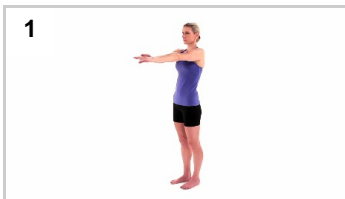
Make sure that your palms stay together during the stretch and keep your shoulders relaxed.

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## Standing Wrist Flexion Stretch

REPS: 2

HOLD: 15



### Setup

Begin in a standing upright position with one arm in front of your body, palm facing the floor.

### Movement

With your other hand, bend your wrist downward until you feel a stretch.

Repeat on the other side.

### Tip

Make sure to keep your elbow straight and try not to apply too much pressure, this should be a gentle stretch.