

Shoulder
Complete Every Day

Bench Push Up

Stand leaning against a strong base like a bench, do **not** use a chair unless it is very heavy/secure.

Leaning slightly forwards, arms straight, bend your elbows and slowly lower your chest down.

Then slowly straighten your arms until return to starting position. Keep back and trunk straight, don't bend forwards.

Repeat 10 times.



Shoulder Rolls

Standing or sitting. Arms relaxed by your side. Hunch your shoulders up towards your ears, then, roll your shoulders back and down by squeezing and depressing your shoulder blades.

Repeat each 10 times, in each direction.



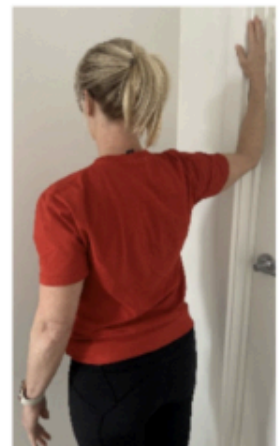
Chest Stretch

Stand side on against an open doorway or frame.

Hold your arm out to the side to 90 degree angles, forearm and palm flat against the frame.

Slowly move forward until you feel a stretch in your chest.

Hold for 15 seconds, then repeat on other arm.



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Shoulder Blade Squeezes

Standing or sitting. Arms relaxed. Roll your shoulders forward, then squeeze shoulder blades together and stick your chest out.

Repeat 10 times, in each direction.



Shoulder Open the Doors

Standing side on to a wall. Press your forearm into the wall by rotating your forearm outwards. Keep your elbow locked into the side of your body. Make sure you are only pressing your forearm – not your whole body.

Put a ball or cushion between your forearm and the wall for comfort if you need.

Hold for 5 seconds. Repeat 5 times, each side.

