

UPPER ARM STRETCHES



UPPER ARM STRETCH

- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
 - Put your hand on your back with your elbow pointing up toward the ceiling.
 - Gently pull your elbow behind your head with your opposite hand until you feel an easy stretch in your shoulder or upper arm.
 - Hold for 30 seconds.
 - Repeat on the opposite side.
-



ARM STRETCH

- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
- Interlace your fingers. Then push your palms up toward the ceiling, stretching your arms up over head. Don't arch your back.
- Hold for 10 to 20 seconds.
- Repeat 3 times.

Choose another area to stretch...