

# ***HERTFORD / STEVENAGE CHIROPRACTIC CLINIC***

## **BACK SHOULDER STRETCHES**



Standing with one arm out in front of you, use your other arm to pull from behind your elbow. Always keep the first arm straight to feel the stretch behind the shoulder. Hold for 15secs., alternate and repeat 3 times each side.



Place your one arm behind your head and hold onto your elbow with the other hand. Now pull down on the elbow and lean sideways at the same time. Hold for 15secs., alternate and repeat 3 times each side.



Lean against a wall with a tennis ball pressing into the back of your shoulder. Move around until the ball is on “the” spot and hold for 15secs. You should feel an intense ache. This will go off shortly after. Find a different spot and repeat for 3 minutes in total.