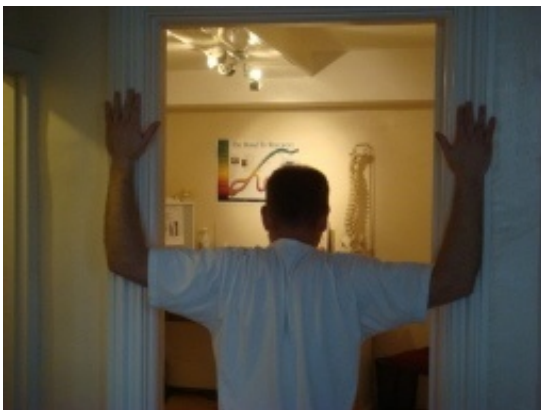


HERTFORD / STEVENAGE CHIROPRACTIC CLINIC

FRONT SHOULDER STRETCHES



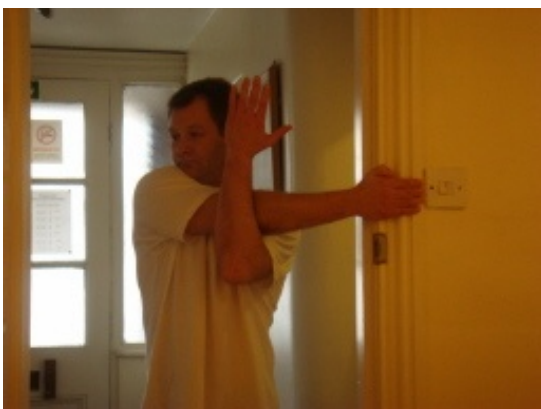
Standing in a door frame, start with your hands at shoulder height. Now lean forward through the doorway, feeling the stretch in the chest. Next move your hands up “one hand higher” and repeat as before.



This is the third and last part of the above stretch, where you have now moved your hands one hand higher again and you will be able to rest your forearms on the door frame. Repeat as before and then go back to the first phase and repeat all three 3 times.



Start by holding onto a door frame with your thumb up. Now without walking forward, rotate so that you can feel the stretch in the front of your shoulder and also into your elbow. Hold for 15secs. , alternate sides and repeat 3 times each.



This is now following on from the previous exercise. Rotate the other way so that you can feel the stretch at the back of your shoulder. Hold for 15secs. , alternate sides and repeat 3 times each.