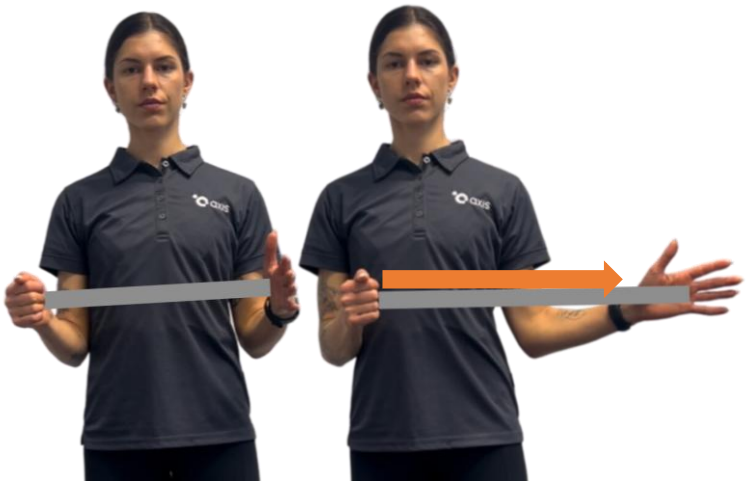
SHOULDER FLEXIBILITY EXERCISES

Hold each stretch for 20-30s.



Shoulder external rotation stretch

Stand or lie down. Hold elbows by your side, bent at 90'. Push your hand out to the side via the stick to deepen the stretch.

Hand behind back stretch

Place one hand behind your back. Hold a towel above your head and behind, use the towel to help deepen the stretch of your lower arm.

Shoulder flexion on a bench stretch

Place both hands on a bench, bend over at the hips to stretch your shoulders passively.

These exercises should not cause significant discomfort or pain, if they do, please seek advice from a Physiotherapist.