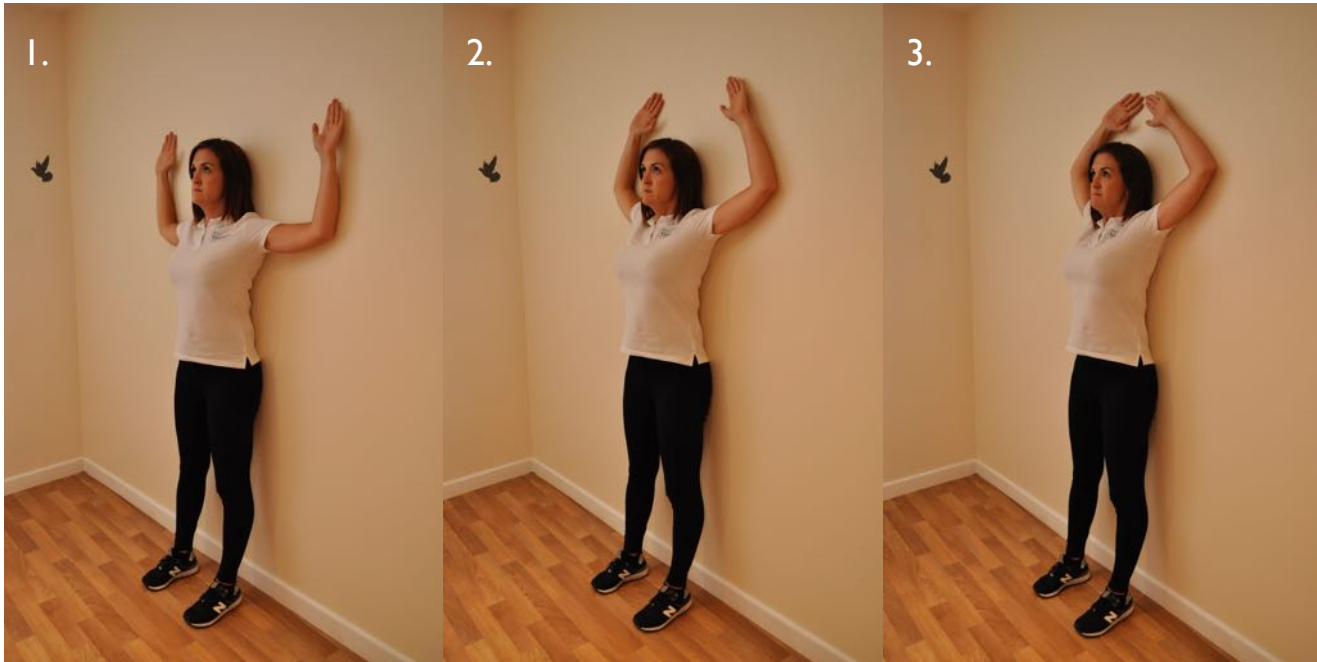
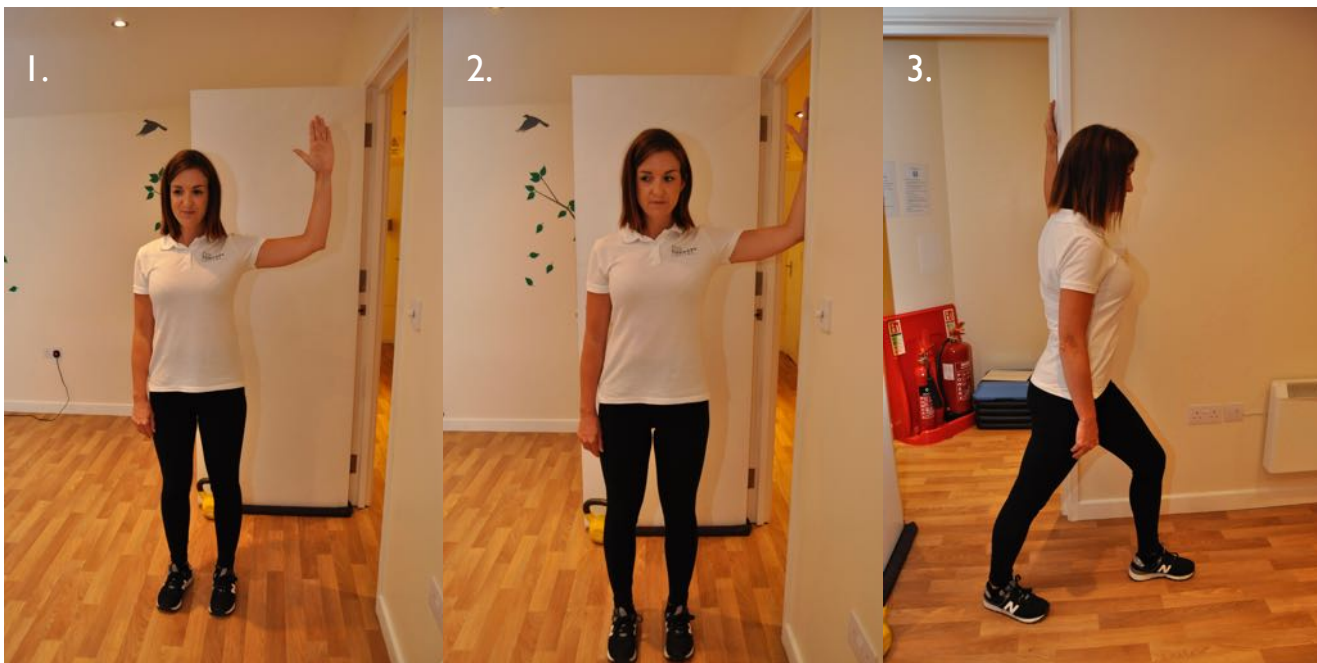


Shoulder mobilisation exercises - sheet 1



Exercise 1 - Wall angels

1. Standing flush against the wall place your arms as in picture No.1.
2. Gently slide your arms upwards and inwards as per picture No.2 and No.3.
3. From here reverse the movement starting from picture No.3 back to No.1.
4. Repeat exercise 10 times.



Exercise 2 - Pectoral stretches

1. Standing by door frame raise either R of L arm as in picture No.1.
2. Keeping the arm in position move so the arm is resting against the door frame as in picture No.2
3. From here gently step forward as in picture 3 until you feel a stretch.
4. Hold for a count of 10. **(NB. Changing the height of the arm, changes the stretch)**