



Corner Stretch

1. Reach up high, supporting arm on doorway.
2. Lean through doorway.
3. Hold for 20 secs.
4. Repeat every 1-2 hrs.



Corner Stretch

1. Stand in a doorway with shoulders and elbows flexed, place hands on door frame.
2. Place feet 60cm (24") apart.
3. Lean forward until a comfortable stretch is felt.
4. Hold for 20 secs.
5. Repeat every 1-2 hrs.



Horizontal Flexion

1. Place arm across body, place opposite hand just above elbow.
2. Pull arm across body until a comfortable stretch is felt.
3. Hold for 30 secs.
4. Repeat every 1-2 hrs.



Towel Stretch

1. Grasp towel firmly behind back.
2. Hold for 20 secs minimum.
3. Repeat other side.
4. Repeat every 1-2 hrs.



Arm Hang

1. Lean well forward onto a chair or low table.
2. Allow arm to hang like a pendulum.
3. Gently, swing arm backwards, forwards and circles for 20 secs.
4. Repeat every 1-2 hrs.