

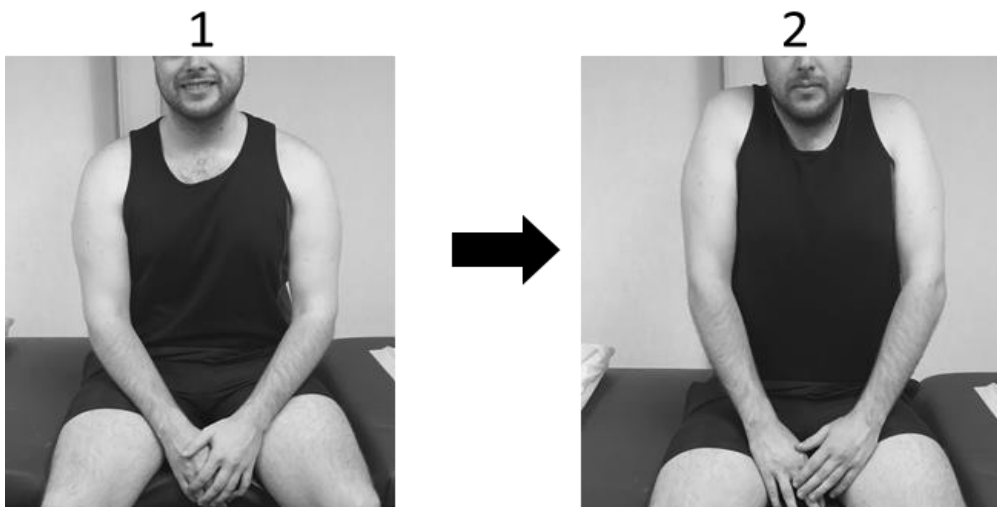
## Shoulder Exercises

DO NOT PUSH **PAST** YOUR PAIN THRESHOLD

**Do 10 of each 3 x PER DAY**

- 1) Shrug your shoulders and roll them backwards and downwards, pulling your shoulder blades together. Hold 5 seconds

Be aware of your shoulder position through the day, and try to keep your body symmetrical: do not let your shoulders droop forward



- 2) You can do this standing, sitting or lying; Cross your arms, so that you can take hold of the opposite elbow in each hand. Keep your elbows bent.

Raise your arms up and over your head, then move your arms side to side and then in circles, so keep your shoulders moving.

