

## CHEST, SHOULDER & UPPER BACK FLEXIBILITY EXERCISES

- 1 - Arm fling - sit or stand. Arms shoulder height Pull back elbows bent, return arms to front, pull back elbows straight. Repeat.
- 2 - Prone elbow lift - On stomach, place hands in small of back palms upward. Raise elbows & shoulders without moving head; hold & relax & repeat.
- 3 - Shoulder stretch - Sit or stand. Reach right hand over left & shoulder & left hand upward behind back & try to hook fingers. Reverse & repeat.
- 4 - Shoulder arm lift - a) face lying, arms stretched over head close to ears. Keep elbows extended, lift arms from floor, relax & repeat.  
b) lift arms & head only  
c) lift arms, head & shoulders slightly ( don't arch back)
- 5 - Arm circles - standing or sitting
- 6 - Corner exercise - Stand in corner, arms bent at elbows ( shoulder level) & parallel with floor. With hands against opposite walls, lean into corner.
- 7 - Back stroke - back of right hand on ~~right~~ right side of face, press elbow straight back. Keeping elbow back, reach backwards with right hand. Alternate.
- 8 - push up - from knees
- 9 - Lung & arch - lung out to one side, lace fingers, put hands over head & arch back. Lung to other side.
- 10 - Knee lift - from standing position, use both hands to lift one knee to chest, alternate.
- 11 - Arm crosses - begin with arms out to each side. Cross in front then pull back