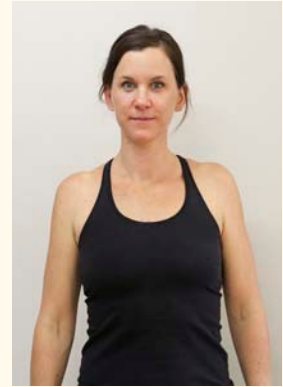


1. Shoulder Stretch - Front

The backward shoulder roll can be done sitting or standing. Simply keep your arms loosely by your sides. Raise your shoulders up towards your ears, and then roll them backwards. When rolling your shoulders backwards, focus on trying to pinch your shoulder blades together. Hold this position for 2 to 3 seconds. Then relax and repeat. Three sets of ten repetitions. To be repeated 3 times a day.



2. Shoulder Stretch - Back

Same as above. Hold this position for 2 to 3 seconds. Then relax and repeat. Three sets of ten repetitions. To be repeated 3 times a day.

