

Self Care Exercises

Shoulder Stretches



DISCOVER
HEALTH
chiropractic
PLLC

Discover Balance & Restore Your Health
Dr. Reanna Plancich

External Rotator Stretch

INSTRUCTION:

Reach both hands behind your middle to lower back with your palms facing out. With your hands resting on your back, pull your shoulders forward until a stretch is felt in the back of the shoulder.



Hold for 30 seconds—1 minute.

Back Scratch

INSTRUCTION: Duration 1 minute

Reach one hand behind your back (palm facing out) as high as you can and hold for 30 seconds.



Repeat on opposite side.