



Shoulder stretches

First warm up

Opening the shoulders and arms

Take your arms above your head and grasp your hands
Turn the palms of the hands up towards the ceiling
Stretch up and feel the arms and shoulders opening up and then the spine
But keep the shoulders down as much as you can!
Repeat the stretch twice

Circling the elbows

Start by circling your bent right elbow, with your hand lightly resting on your shoulder, making sure that your elbow describes the full circle 3 times ~ first one way and then the other. Keep the movements slow; don't rush.
Repeat with the left elbow

Shoulder and spinal twist

Hold the arms up in front of you and place one hand on top of the other
Keeping your feet facing forwards slowly twist round to the right to a comfortable position
Now take your head round as far as it will easily go as well
Hold for 5 seconds and then return to the front
Repeat going to the left
Repeat the above twice
Repeat all the above with the hands the other way

Then the shoulder stretches

Shoulder twist

Standing or sitting take your right arm across your mid chest
Using your left arm grasp your right shoulder and twist from the mid back area towards the left
Gently turn the head to the left as well; hold for 5 seconds

Keeping the left hand on the right shoulder see if you can introduce an additional neck stretch by slightly pulling the shoulder downwards and turning the head further to the left; hold for 3 seconds

Release and now repeat going to the right.

Repeat the above once

Opening each scapula

With right arm outstretched push the shoulder forward, stretch the arm diagonally forwards and down keeping your chin tucked in. Hold stretching 20 secs. Repeat 3 times and repeat with the left arm.

Opening the pectorals

Standing hold your hands behind your back

Move your shoulder blades together and push down, Hold for 20 secs

Kneeling shoulder stretch

Kneel down and stretch your arms along the floor

Feel the stretch and stretch out as much as you can

Take your right arm under and through the left arm and lay the right side of the head on the floor ~ stay here for 3 seconds and feel the lovely stretch into the shoulder

Repeat on the other side

Then let's stretch into the neck.

Sitting neck stretch

Sit cross legged (or in a chair) and hold the left foot or knee with the left hand as an anchor

Take your right hand over the top of the head and grasp the left side of the head.

Gently pull on the head to the right and feel the stretch in both the neck and the shoulder, let the left shoulder drop away toward the floor; hold for 5 seconds.

Repeat using your left hand

Repeat once again

To finish

Now let the body allow the stretches to have their effect by sitting upright but relaxed and calm with hands gently clasped in front of you for 5 minutes.