



## Shoulder Stretch I

You will require a broom handle or equivalent.

**Figure 1**



**Figure 2**



Figure 1: Hold your arms out straight in front, grasping a broom handle with your palms down and your hands twice shoulder width apart.

Figure 2: Keeping your arms straight, raise them to above your head.

**Figure 3**



Figure 3: Now keeping your arms straight, take the broom handle behind your back.

(Continued Overleaf)

**Figure 4**



**Figure 5**



Figure 4: Now reverse Figures 2 and 3, bringing your arms back to the front of your body.

Figure 5: Move your hands in a little closer and repeat Figures 2 to 4.

As flexibility increases, the movement will be possible with the hands much closer together.

Perform at least twice per week, or as instructed by your practitioner.

Refer to the handout on “Stretching: General Information”.