

## Shoulder forward stretch to shoulder height.

This stretches the whole arm from the shoulder through to the elbow and wrist.

Support the shoulder with one hand and the lower arm with the other.

- Slowly lift the shoulder forward until the arm is at shoulder height or as far as is comfortable. Make sure the hand is facing palm forward and the thumb is on the top of the hand.
- Keep the arm straight.
- Hold the stretch for 20-30 seconds and repeat 3-5 times.

