

1.

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Stand or sit.

Gently drawer your shoulder blades back and forwards.

Hold _____ seconds.

Repeat _____ times.

2.

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Stand leaning on a table supporting your body weight with other hand.

Let your other arm hang relaxed straight down. Swing your arm forwards and backwards. In addition you can swing sideways or take in a circular motion.

Repeat _____ times.

3.

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Pull a rope through a ring located high above your head. Sit with your back against a wall. Hold onto both ends of the rope.

Lift your arm and assist by pulling down with the other hand.

Repeat _____ times.

4.

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Place hands on table standing with your legs hip width apart. Gently walk the legs backwards, gradually increasing the range of movement

Keep arms straight and stretch.

Repeat _____ times.

5.

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Lying on your back with elbows straight.

Use one arm to lift the other arm up keeping it as close to the ear as possible.

Repeat _____ times.

6.

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Stand facing a wall.

'Walk' your fingers up the wall as high as possible. Reverse down in the same way.

Repeat _____ times.

7.

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Stand and grip one end of a stick with the arm to be exercised.

Lift your arm _____ degrees to the side, assist by pushing with the other hand.

Repeat _____ times.

8.

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Lying on your back with hands either on your forehead or behind your neck and elbows pointing towards the ceiling.

Move elbows apart and down to touch the floor.

Repeat _____ times.

9.

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Stand with arms behind your back and hold one hand.

Slide your hand up along your back.

Repeat _____ times.

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