




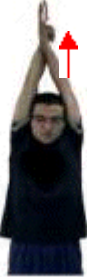






SHOULDER STRETCHING EXERCISES

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	<p>In lifting position. Spread your arms as much as possible.</p> <p>Push your chest towards the floor without touching it.</p>
	<p>Lean back against a chair using both of your hands. Stretch your legs and let them slide forwards.</p> <p>Start with your arms completely stretched and lower your buttocks little by little towards the floor.</p>
	<p>Standing up with your legs put together, lift up a stick using both arms.</p> <p>Lift your arms above your head, both at the same height and push them back as far as possible.</p>
	<p>Standing up, with one arm lifted up at shoulder height.</p> <p>Grab this arm at elbow height with your other hand and push it backwards.</p>
	<p>Of foot, to place an arm from behind of the back to Catch it with the other hand to the height of the elbow and to throw of him.</p>
	<p>Standing up, stretch both of your arms above your head and intertwine your hands.</p> <p>Stretch both arms as much as possible.</p>
	<p>Standing up, bend one arm and put it behind your head.</p>

	<p>Grab your elbow with the other hand and push it down.</p>
	<p>Bend one arm and put it behind your head, holding a towel. Put your other arm behind your back in the lumbar area as high as possible and grab the towel.</p> <p>Pull the towel down.</p>
	<p>Standing up, lift one arm above your head. Put the other arm as high as possible behind your back.</p> <p>Try to intertwine your fingers.</p>
	<p>Standing up, grab your hands behind your back.</p> <p>Bend your chest forwards while stretching your arms at the same time.</p>