



Bloomsbury Osteopathy

Shoulder Exercises

Stretch of pectoral and deltoid muscles

SHOM10

Function:

To stretch and relax the pectoralis and deltoid muscles the muscles of the arms, as well as the ligaments, capsule and tendons attached to the shoulder.

Method:

Starting Position:

Stand with legs slightly apart. Place both hands behind your back and lock your fingers together.

Action:

Gradually push your hands downwards and slightly upwards. Stick your chest out and take a very deep breath. Hold this for a few seconds, relax and repeat.

Notes:

During the stretch be sure to keep your back as upright as possible,

