



Bloomsbury Osteopathy

Shoulder Exercises

Biceps Stretch

Exercise: SHOM07

Function:

To lengthen/relax the biceps brachii muscle located at the front of the upper arm.

Method:

Starting Position:

Stand with legs slightly apart. Place hands behind lower back with palms together and elbows straight.

Action:

Rotate hands so that palms are facing downward, then lift arms upwards until stretch is felt. Hold for 20 seconds whilst breathing slowly and deeply.

Notes:

During the stretch be sure to keep your back as upright as possible, do not bend forwards to enable further raising of the arms.

All exercises are available from
www.Bloomsbury-Osteopathy.co.uk

EXERCISE: SHOULDER BICEPS STRETCH (SHOM07)

