

Active stretch

Stick stretch

This stretches the whole arm from the shoulder, elbow, wrist and hand

- This stretch can be done lying in bed or sitting upright in a chair
- Hold the stick with both hands about shoulder width apart
- Slowly bring the stick up as far as comfortable making sure that both arms remain level
- Hold for 20-30 seconds
- Slowly lower the stick





Safe & Effective | Kind & Caring | Exceeding Expectation

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