

Upper Body Exercises & Stretches



Exercise 1 Rotator Cuff Side

Place both arms at your side with your elbow bent at a 90 degree angle.

Keeping your elbows at your side bring your forearm out in front of you.

3 SETS OF 10 REPS



Exercise 2 Rotator Cuff Back

Using a brush, mop or any similar thing you can find in the house, place both hands on the brush behind your back.

Pull the brush to the right as far as you can and hold for five seconds.

Slowly then pull the brush towards the left side, again holding for five seconds as the furthest point.

3 SETS OF 10 REPS



Exercise 3

Rotator Cuff Upwards

Stand or sit with your arms raised with your elbow bent.

Keeping your shoulder and upper arm in the same position, bring your forearm up towards the sky.

3 SETS OF 10 REPS



Exercise 4

Arm Across Body

Sitting slightly forward on your chair. Bring your right arm up and across your body to touch your left shoulder, then return it to your side.

Repeat bringing your left arm up to touch your right shoulder.

3 SETS OF 10 REPS



Exercise 5

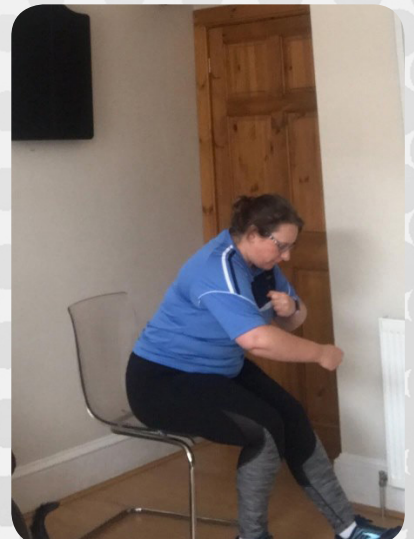
Lean and Roll

Sitting slightly forward on your chair, start to roll your arms.

At the same time to lean forward as far as is comfortable and then return to your starting seated position.

Repeat.

3 SETS OF 10 REPS



Stretch 1

Tricep Stretch

Lift your arm and place your hand at the middle of your back.

Use your other hand to push the arm back and walk your hand down your spine as far as it can go to increase the range of motion. Repeat with the other arm.

Hold for 15 seconds and repeat 3 times



Stretch 2

Chest Stretch

Sitting in a chair, lean forward slightly and run your hands up the side of the backrest of the chair.

Hold at the top of this movement.

Hold for 15 seconds and repeat 3 times

