

Exercise for the office 1:

Shoulder-arm nerve mobilization



In a seated position; hold your upper body upright;

Bring the index finger and thumb of each hand to form two circles. Raise your elbows and place the circles around your eyes, while placing the other fingers on your chin.

bewegt.li – the exercise and sports offering in Liechtenstein.

Find more exercises at www.bewegt.li/exercises

The exercises were provided by Mr Dieter Beh from the Überruh Rehabilitation Clinic in Isny, Allgäu, Germany.





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