

## 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.



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Find more exercises at [www.bewegt.li/exercises](http://www.bewegt.li/exercises)

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