

## Exercise for the office 3: Shoulder mobility – thoracic spine



In a seated position; hold your upper body upright, place your hands on your elbows.

Draw a horizontal figure of eight with your arms, keeping your head still, and only by gently moving your shoulders and upper body.

**Repeat 3–5 times in both directions.**



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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.