

## Shoulder exercise 1: Stretching the shoulder and neck muscles



In a seated position; hold your upper body upright and tilt your head to one side. Push your hand on the stretched side towards the ground. Move your shoulder up and down and gently nod your head.

**Repeat 10–15 times**

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