

Shoulder exercise 2: **Stretching the shoulder muscles**



In a seated position; hold your upper body upright, cross your arms and interlace your fingers. Pull your arms forward as far as possible. Repeat 10–15 times **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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