

Shoulder exercise 5:

Shoulder mobility



In a seated position; hold your upper body upright and place your fingers on your shoulders.

Move your elbows in large circles, as far to the back as possible, and bringing them together at the front.

Repeat 10–15 times, circle in both directions.

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.





Dieter Beh Head of General Therapy

Bolsternang 88316 Isny im Allgäu

Tel. 07562 75-368 Fax 07562 75-400

d.beh@rehaklinik-ueberruh.de www.rehaklinik-ueberruh.de