

## 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.**



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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.