

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.

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



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Shoulder exercise 3: Strengthening the chest muscles



Strengthening the chest muscles
In a seated position; hold your upper body upright and bring your palms together. Push your palms strongly for 2 seconds without lifting your shoulders.
Repeat 10–15 times without holding your breath!



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Shoulder exercise 4: Strengthening your shoulder muscles



In a seated position; hold your upper body upright and interlock your fingers. Pull your elbows out to the sides without lifting your shoulders.

Repeat 10–15 times without holding your breath!

Note: Do this exercise in alternation with shoulder exercise 3.



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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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