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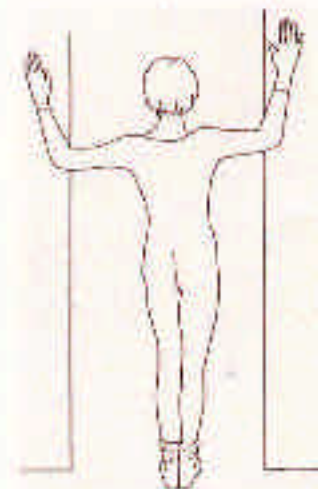
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"treating the cause of your problem, not just the symptoms"

Shoulder Stretches



1) Standing or sitting, grab the left elbow with your right hand. Pull the left arm tight across your body until you feel a stretch at the back of the left shoulder. Hold for ten seconds. Repeat four times on each arm.



2) Stand in a doorway, lift your arms, and bend your elbows slightly. Put your hands on each side of the doorway. Slowly push your chest forward through the doorway until you feel the muscles in your chest and front of the arms tighten. Hold for ten seconds. Repeat four times. Keep your back straight!



3) Raise your left arm over your head, bend the left elbow so the hand is behind your head. Hold a towel or rope in the left hand and let it hang down behind your back. Put your right hand behind your back and grab the towel. With the left hand, pull the towel upwards. This will stretch the right arm and shoulder. Hold for ten seconds. Reverse