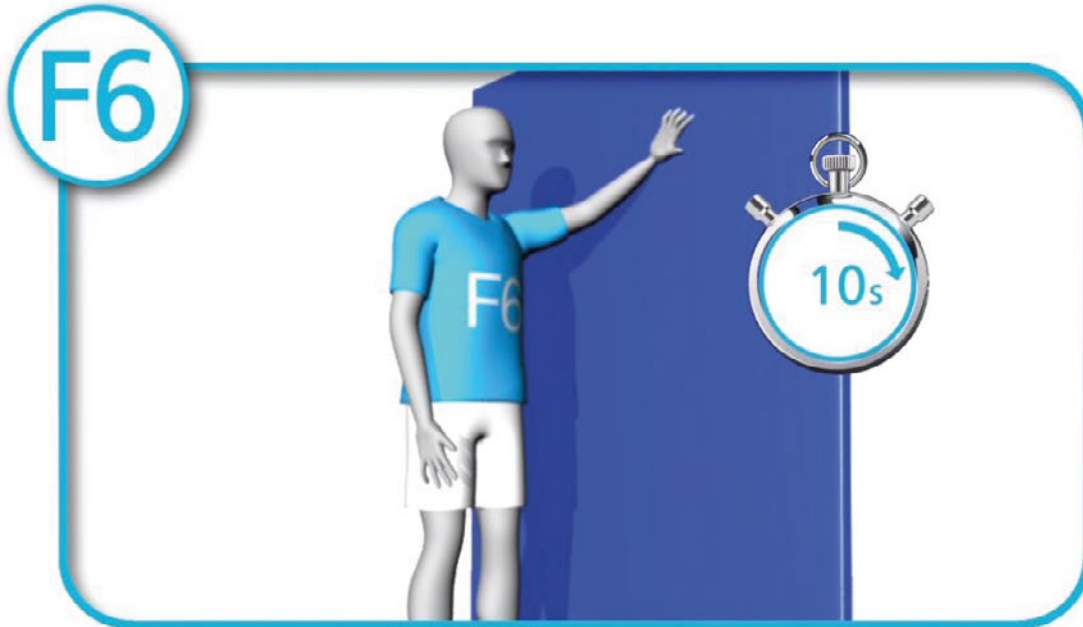


## Flexibility/stretching – Upper body

### Joint: shoulder



Stand slightly closer than arms-length away from a wall. Then raise the arm to shoulder level and gently 'walk' the fingers up the wall as high as possible, making sure to keep the shoulders relaxed. Hold for a count of about 10 seconds, and then walk the fingers back down.



#### Comments

- Be careful not to overstretch but gradually increase the height reached over time.

#### Functional application

A good range of shoulder motion is useful for activities of daily living such as washing and dressing.

#### Patient's name

Date

Number of repetitions

Number of sets

Number of times per week

Number of weeks

Other instructions