



MOVEMENTS AND STRETCHES



External Rotation Active ROM

Begin with arms by your side then reach behind your head (try to keep head in neutral position and not tuck your chin.) Do not sacrifice your head or neck position when doing this movement.

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform As many times to keep your flexibility throughout the day.

DO NOT DO TO ANY DISCOMFORT IN:

- NECK
- SHOULDER
- MID BACK
- ELBOW

FOR AT WORK AND HOME!