



## Overhead Shoulder Stretch

**This workout is ideal for releasing your shoulder blades, the Scapulae, and stretching your back and upper neck.**

To begin this stretch, ensure that you are correctly seated with your lower back supported in your chair. Link your hands together and take in a deep breath. As you exhale, raise both your hands towards the ceiling, ensuring that your palms are facing upwards as you reach above your head. Now, focus on preventing your lower back from arching forward as you stretch. Hold the position for up to seven seconds and then slowly return to the starting position. Repeat the exercise three times.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

Dr. Ralph has also put together a home care kit that includes a small foam roller, balance disc, and bands that we are offering at our cost of \$30.00 and at this time we are offering no contact drop off service for the kit.

**We are currently back to seeing routine and maintenance patients. Please feel free to call 770.565.8151 if you have any questions about this exercise, our schedule, or our home care kit.**