



## Seated Shoulder Stretch

This exercise is ideal for the release of both your pectoral muscle tension and anterior deltoid.

To begin this exercise, take both your hands placing them behind you, ensuring your chest does not fall forward. Focus on keeping your chest up and your head level throughout the entire workout. You will soon feel a gentle stretch when you attempt to reach out to your arms and slowly raise your clasped hands to intensify the stretch. Try not to bounce your hands up or down; instead, hold a comfortable stretch for up to seven seconds while exhaling. Repeat this workout three times for maximum effect.

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.

**Please feel free to call 770.565.8151 if you have any questions about this exercise or our home care kit.**