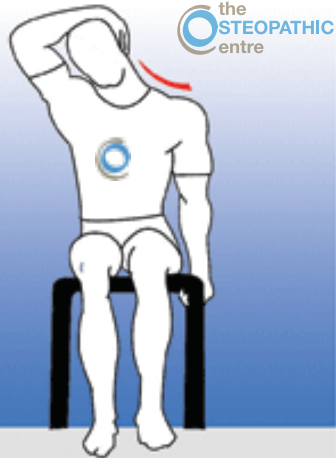


For more information please visit www.theosteo.com.sg

1



Cervical Spine/ Trapezius Stretch:
Side of neck and top of shoulder
Can be achieved by tilting the head only
use of arm to pull head over is optional

2



Cervical Spine/ Trapezius Stretch:
Side of neck and top of shoulder

3



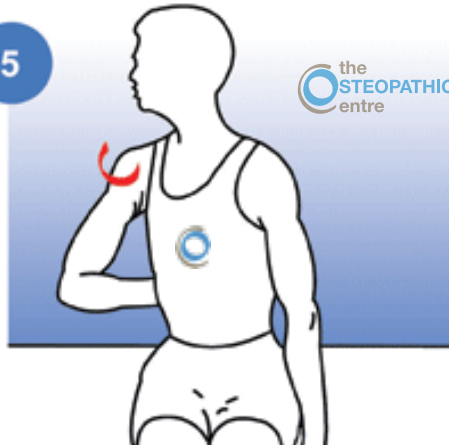
One-side Pectoral Stretch:
Front of chest and ribs
Keep lower back straight

4



**Rotator Cuff /
Glenohumeral Joint Stretch:**
Whole shoulder joint area

5



**Rotator Cuff /
Glenohumeral Joint Stretch:**
Whole shoulder joint area

6



**Rotator Cuff /
Glenohumeral Joint Stretch:**
Whole shoulder joint area
Pull towel up or down to
stretch left or right shoulder