Shoulder Therapeutics 1 at the Wall

Stand with arm straight, palm at the wall, thumb pointing towards the floor. Keep the arm straight and begin to walk towards the wall until you feel a yummy stretch in the shoulder.

Shoulder Therapeutics 2 at the Wall

Stand with hand on the wall (more shoulder level if shoulders are tight) with fingers pointing up. Begin to walk towards the centre of the room until you feel a yummy stretch in the shoulder.

Figure 4 Twist

From a lying on your back with knees bent. Cross one ankle on to the opposite knee in a "figure 4". Rock back and forth and allow the foot to come towards the floor. Hold ankle if foot finds the floor easily.

Windshield Knees

From lying on your back, bend the knees and walk the feet towards the outside edges of the mat. Stretch arms out and allow the knees to go from side to side.