

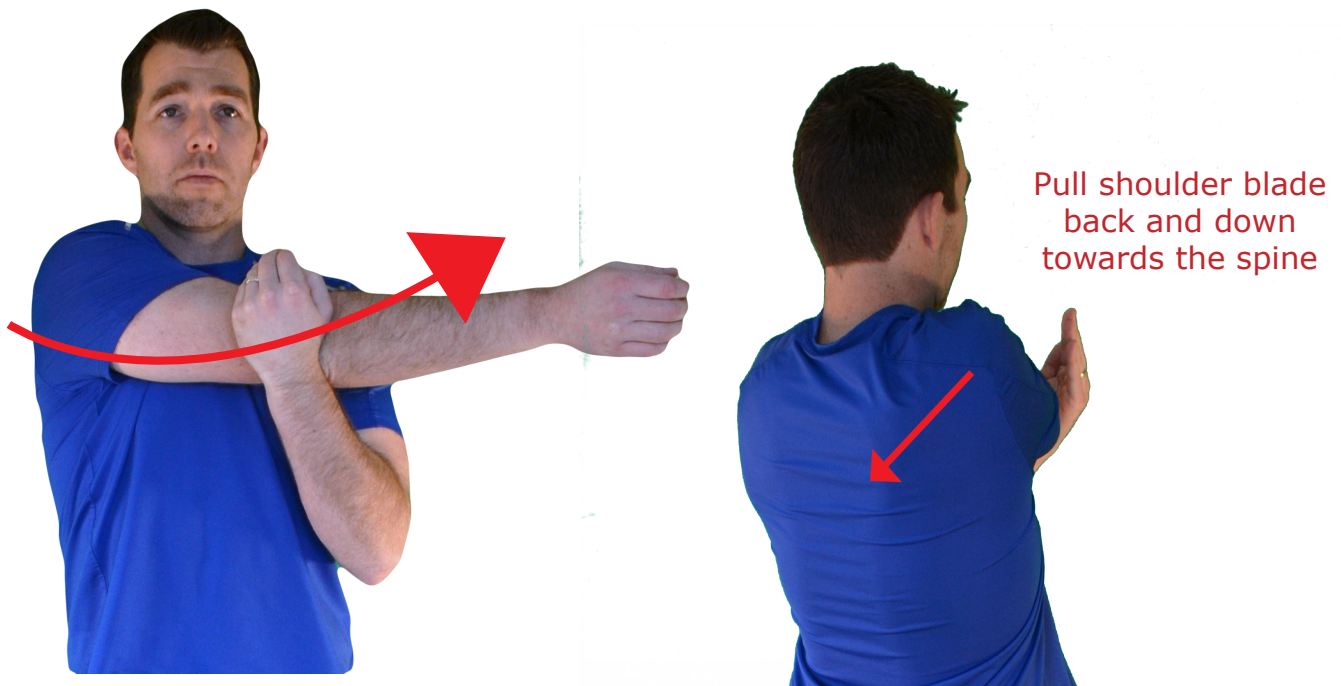
Shoulder Cross Body Adduction Stretch

Pull your straight arm across your body by pulling your elbow with your opposite hand.

As you bring your arm across pull your shoulder blade back and down towards your spine. This will focus the stretch at the back of the shoulder joint by preventing the shoulder blade from rounding forward on the rib cage.

Hold for a few seconds then release the stretch.

Repeat 10-15 times. You can hold the final stretch for 10-15 seconds.



Notes:

- You should feel this stretch on the back of the shoulder joint
- Keep the shoulder blade retracted (pulled back towards the spine) for the entire exercise - there will be a tendency for the shoulder blade to round forward as the arm is pulled across the body