

Flexibility: Shoulder Stretch



Goal is to touch fingertips together behind the back on both the right side and the left side

Instructions:

1. Stand with both arms at side (right arm palm face forward, left arm palm face back)
2. Right hand –reach up and over right shoulder and then down the back as if trying to pull a zipper
3. Left hand –reach up the back (try to touch fingers together)
4. Do the fingers touch? Yes or no
5. The arm on top represents the side being measured
6. Repeat on the other side