

Stretch of the Month

Shoulder & Upper Back Stretch

To stretch your side:

1. Stand straight and bring one arm across your chest.
2. Use other arm to help pull the arm closer to your body.
3. Repeat for other side.



Before stretching, warm up with **5 to 10 minutes of light exercise**. Another option is to save stretching for after a workout. If you feel pain while stretching, you are stretching too far. **It should not be painful**. Hold each stretch for **about 30 seconds** at a time and repeat, especially if the stretch seems to be helping with pain or discomfort.

