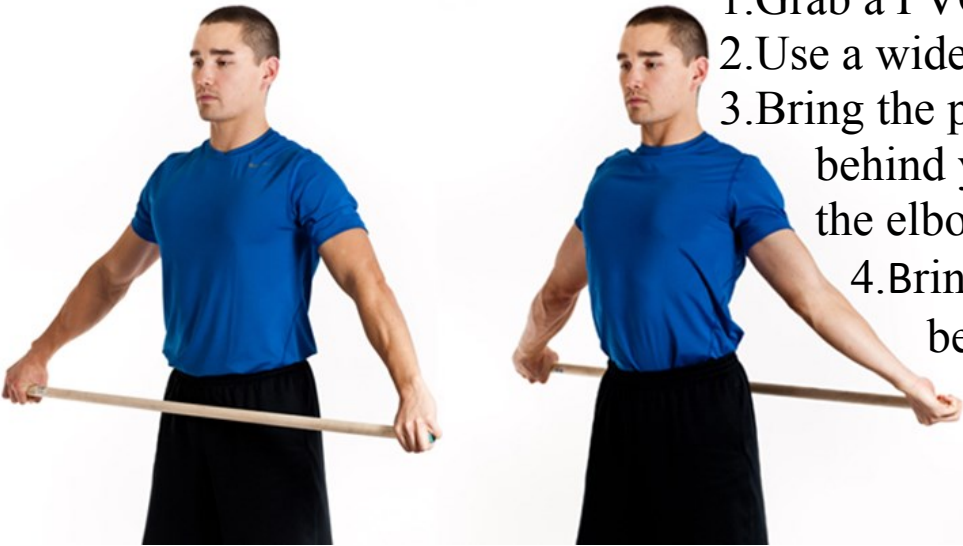


# Stretch of the Month

## Dynamic Shoulder Stretch

To stretch your shoulders and increase flexibility:

1. Grab a PVC or a broom handle.
2. Use a wide, overhand grip.
3. Bring the pipe over your head and extend behind your back without bending at the elbows.
4. Bring it forward again without bending at the elbow.



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.

