

Anterior Shoulder Stretch

Stand with your forearm against a door frame, and your elbow at shoulder level (Fig A). Step forwards with the leg nearest door frame (Fig B) until you feel a gentle stretch across the front of the chest (Fig C).



Hold the stretch and repeat as directed by your physiotherapist

For a video demonstration of this exercise please press 'Ctrl' and click [HERE](#)

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.



NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.