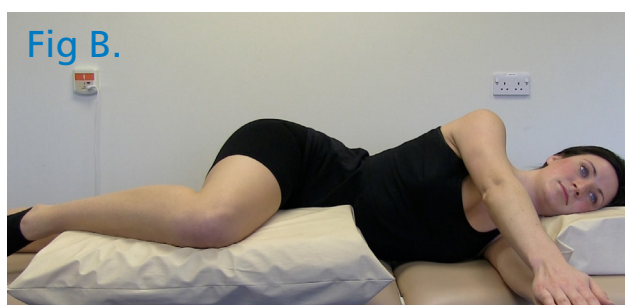
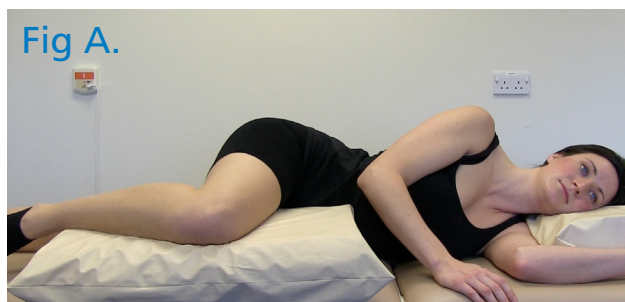


Arm openings



Lying on your side, with your lower leg straight, the top knee should be bent and placed on a pillow (similar to the recovery position) (Fig A).

Begin with your arms out in front of you at chest height (Fig B).

Twist and open your chest towards the ceiling – move your arm in line with your shoulder, eyes following your hand (Fig C).

You should not feel any pain in the front of the shoulder.

Breathe out as you perform the movement and breathe in as you return to the start position.

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.