

EATON CHIROPRACTIC UPPER BACK STRETCHES

STRETCHES SIDE OF SHOULDER AND BACK
OF UPPER ARM



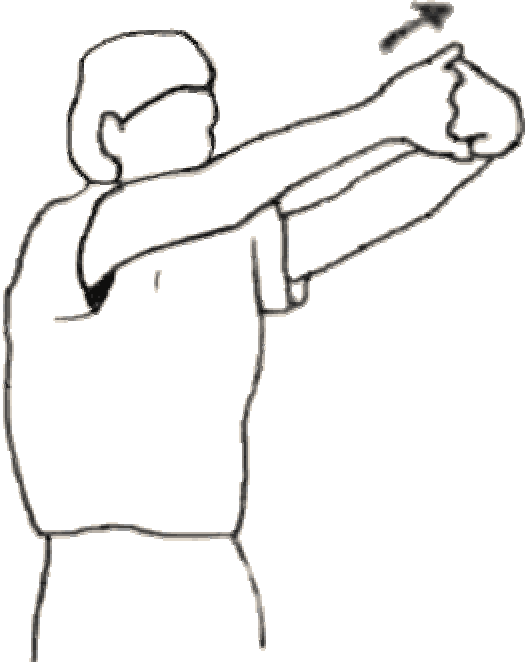
Stand or sit and place right hand on left shoulder
With left hand, pull right elbow across chest toward
left shoulder and hold 10 to 15 seconds
Repeat on other side

STRETCHES TRICEPS, TOP OF SHOULDERS,
WAIST



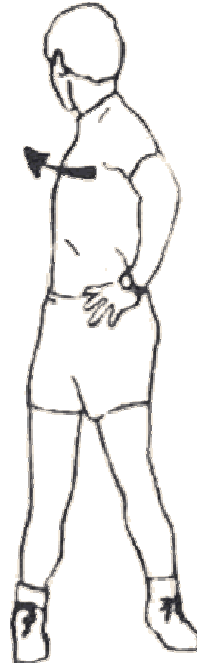
Keep knees slightly flexed
Stand or sit with arms overhead
Hold elbow with hand of opposite arm
Pull elbow behind head gently as you slowly lean to
side until mild stretch is felt
Hold 10 to 15 sec
Repeat on other side

STRETCHES SHOULDER, MIDDLE BACK,
ARMS, HANDS, FINGERS, WRIST



Interlace fingers and turn palms out
Extend arms in front at shoulder height
Hold 10 to 20 seconds, relax, and repeat

STRETCHES MIDDLE BACK



Stand with hands on hips
Gently twist torso at waist until stretch is felt
Hold 10 to 15 sec
Repeat on other side