

Standing Shoulder Posterior Capsule Stretch

SETS: 3

**HOLD
(SECONDS): 30**

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position.

Movement

Raise one arm in front of your body, with your thumb pointing up. Grasp the outside of your arm with your other arm and apply a gentle pressure until you feel a stretch.

Tip

Make sure to maintain good posture during the exercise.