

5 ways help your shoulder mobility (with a t-shirt!)

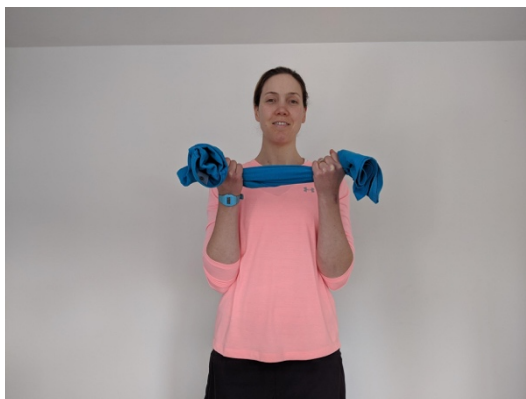
Even if you have limited equipment at home there's plenty of things you can do to keep moving. Here's some ideas for helping your shoulder strength and mobility. Ideally you would want a stretchy band but a rolled-up t-shirt or similar is ok in the absence of this.

Grip the t-shirt about shoulder width apart and gently pull outwards, this will activate all your muscles, even though you're not actually moving.



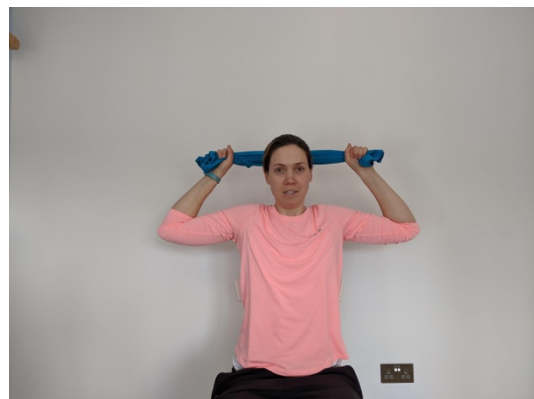
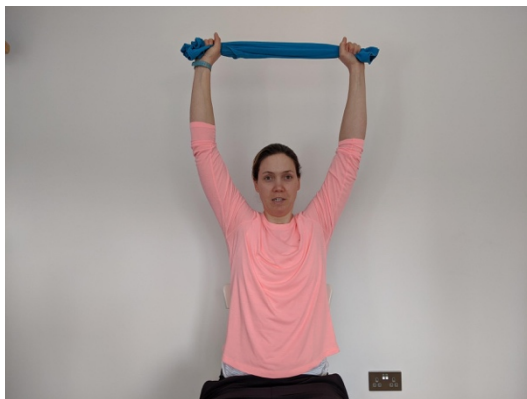
1) Robot arm lifts

- Make sure your hands are facing upwards and that you have set your shoulders into a good position (think about good posture), tuck your elbows in so that they're against the side of your body
- Keep gently pulling outwards as you firstly bend your elbows to be in the robot position and then try and lift your arms to get your thumbs in line with your forehead
- Make sure you move in a slow and controlled way. Lower your arms and repeat 8-10 times



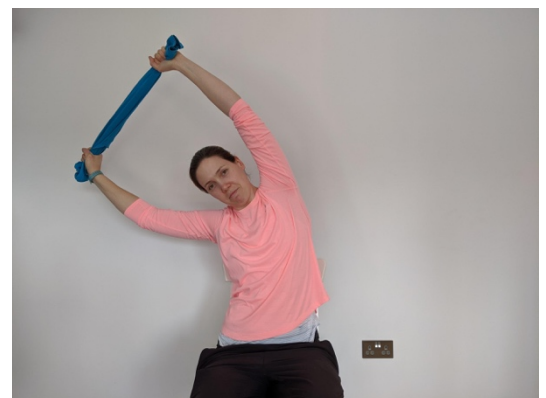
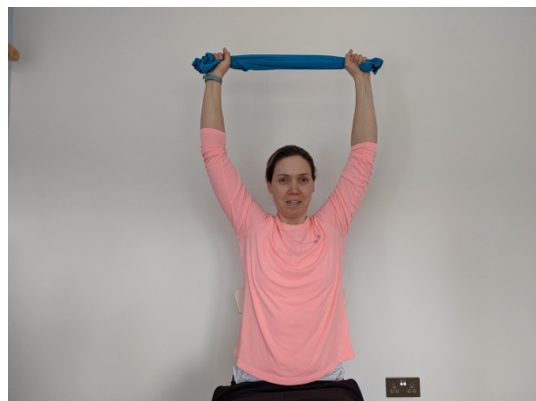
2) Shoulder press

- Start with your arms straight above your head and trying to slightly pull the t-shirt outwards
- In a controlled and slow way now bend and lower your arms until you're level with the back of your head
- Then press your arms straight again. Repeat 10 times



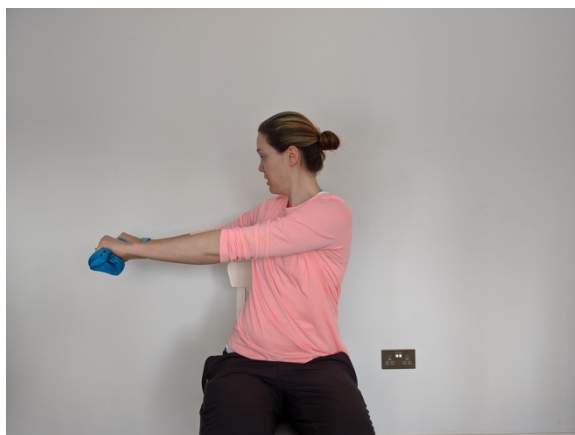
3) Side bends

- With this one make sure you stay within the range where you can easily move side to side, try to avoid going too far and having to work really hard to get back
- Start with your arms above your head and slightly pulling outwards on the t-shirt
- Now move slowly sideways and try to bend your body a bit like a banana shape. Return to the middle and try the other side. 12-14 repeats



4) Side to side twists

- Start by rolling your shoulders and try to set them into a position where they're open and not rounded
- Now have your arms out in front of you and hold the t-shirt just wider than shoulder width and try to pull slightly on the t-shirt
- Twist your shoulders and body to face your left keeping your arms out in front of you
- Move back to the centre and try the right side
- 12-14 repeats



5) Toe reaches

- Start with your arms above your head and hands just wider than shoulder width, holding onto the t-shirt
- Keeping gently pulling on the t-shirt and with straight arms you're going to try to bend through your stomach and reach towards your right or left foot
- Return to upright and try the other side. 12-14 repeats



Toe reaches

- Start with your arms above your head and hands just wider than shoulder width, holding onto the t-shirt
- Keeping gently pulling on the t-shirt and with straight arms you're going to try to bend through your stomach and reach towards your right or left foot
- Return to upright and try the other side. 12-14 repeats



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