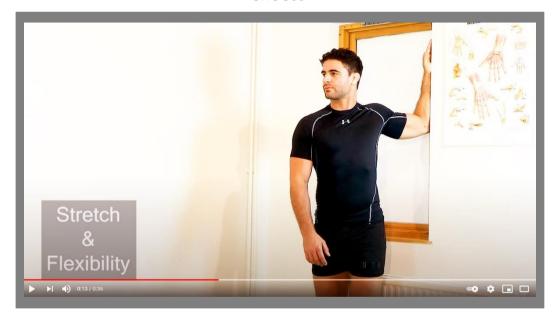
## Pectoralis & shoulder stretch

SHOU33





| AREAS AFFECTED | ADVICE   |
|----------------|--|
| Shoulder joint | Place one arm with elbow bent against the edge of a window or door. Rotate your body way from that arm whilst keeping the arm on the wall. |