166

**Cardiac Rehab STRETCH**

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| ©PhysioTools Ltd | Sit or stand. Place your hands behind your neck, elbows, pointing forward. Move your elbows out to the side. Repeat x |

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| ©PhysioTools Ltd | Sit or stand. Lift your hands up and cross them behind your neck, elbows pointing towards the ceiling.Move your hands towards your shoulder blades.Repeat x.  |

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| ©PhysioTools Ltd | Sit with your back straight and feet firmly on the floor.Pull your shoulder blades together while turning your thumbs and hands outwards.Repeat x.  |

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| ©PhysioTools Ltd | Stand or sit.Stretch one arm over to the opposite shoulder by pushing it at the elbow with your other arm. Repeat x.  |

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| ©PhysioTools Ltd | Stand or sit. Hold your hands behind your back. Move your shoulders back.Breathe in and straighten your upper body, then breathe out and relax.Repeat x.  |

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| ©PhysioTools Ltd | Sit or stand. Hold your hands and lift your arms over your head.Breathe in and stretch your hands towards the ceiling. Breathe out and return to the starting position.Repeat x.  |

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| ©PhysioTools Ltd | Sit or stand. Keep upper arms close to the sides and elbows at right angles.Turn forearms outwards.Repeat x.  |

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| ©PhysioTools Ltd | Stand with arms behind your back and hold one hand.Slide your hand up along your back.Repeat x.  |

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