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**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  . | |