

Upper Body Stretches

These stretches, if done regularly and properly, will reduce the risk of developing Repetitive Strain Injuries. It is important to keep the rest of the body in 'neutral', breath normally and feel the stretch

PLEASE ENSURE YOU DO NOT STRETCH TO THE POINT OF FEELING PAIN!



DISCLAIMER

No responsibility is accepted for injuries sustained through incorrect practices

For more information on
RSI Prevention & Treatment
please contact us at **FixMe**

