

Quadruped Arm-Reach Exercise

Do this exercise on your hands and knees. Keep your knees under your hips and your hands under your shoulders. Keep your spine in a neutral position (not arched or sagging). Keep your ears in line with your shoulders. Hold for a few seconds before starting the exercise:

1. Tighten your belly muscles (core) and raise one arm straight in front of you, palm down. Hold for 2 seconds, then lower. Repeat 10 times.
2. Do the exercise again, this time lifting your arm to the side. Repeat 10 times.
3. Do the exercise again, this time lifting your arm backward, palm up. Repeat 10 times.

Switch sides and do each exercise with the other arm.

Note: This exercise may not be advised after certain shoulder surgeries. Talk with your healthcare provider before doing it.

