Get Ready
Sit tall in a sturdy chair: Shoulders over hips, abdominals in & up, ribs lifted, shoulder blades back and down.

Wrist Pull
Inhale, reach up, join hands
Exhale, gently pulling one wrist and arch to one side.
Feel stretch in ribs and shoulder.
Rest, repeat on other side.

Add this
If comfortable . . . bend elbow over head. Place other arm on chair for back support.

Be Safe
Do only what is comfortable and feels great.
Stop or adapt the activity if uncomfortable.

Available in Able Bodies Balance Training: Pages 79 & 80