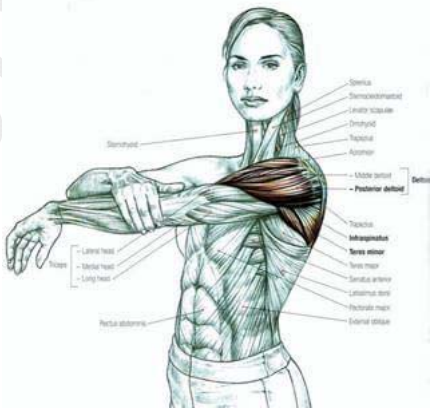
Robyn Dey RMT
Massage Therapy

Anterior Deltoid Stretching

Move your arm behind your back and grasp both hands together to hold it in place

Mid and Posterior Deltoid Stretching

Bring your arm horizontally across the body and use the other hand the assist the stretching arm achieve further adduction. This can be performed and varying angles to reach all muscle fibres



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