

## Central Jefferson Chiropractic

Dr. Alan Lewis, DC

202 N Main St., Jefferson, WI 53549

(920) 674-5025

cjchiropractic@gmail.com

### Wall Crawl Exercise



Improving your flexibility can reduce pain. Stretching exercises also can help increase your range of pain-free motion. Breathe normally when you exercise. Use smooth, fluid movements.

**Note:** Follow any special instructions you are given. If you feel pain, stop the exercise. If the pain continues after stopping, call your healthcare provider:

- Stand with your shoulder about 2 feet from the wall.
- Raise your arm to shoulder level and gently “walk” your fingers up the wall as high as you can.
- Hold for a few seconds. Then walk your fingers back down.
- Repeat 3 times. Move closer to the wall as you repeat.
- Build up to holding each stretch for 30 seconds.

**Caution:** Do this stretch only if your healthcare provider recommends it. Don't do it when you are first injured.