



Arm Pull

Arrange the yoga belt so that the loop end is loosely enclosing the hands and wrist. Tie or secure the free end to a doorknob or similar sturdy object. Do not grip the belt tightly and pad the strap under the wrist if needed. Slowly lean away from the door, taking up the slack in the belt until you feel the first barrier. Allow the arm to telescope out from the neck and shoulder, allowing any three dimensional movement or unwinding to occur. Hold the stretch for a minimum of three minutes or as directed by your therapist.