

# Single Arm Ball Reach



- Place a large ball against a wall at shoulder height.
- Place one foot slightly in front of the other and place the small finger side of your hand against the ball.
- Roll the ball up the wall with your \_\_\_ forearm until you feel a mild stretch.
- Do NOT arch your back, shrug your shoulders, or illicit pain.
- Lower the ball and repeat 20 times.