

Seated Overhead Shoulder Press



1. Sit with both your legs fully extended.
2. Raise your arms to your sides and bend at your elbows, **creating a “U” shape with your arms.**
 - Form a fist with both hands.
3. Slowly raise both arms **above your head**, squeezing your shoulders at the end.

Repeat for ___ repetitions and ___ total sets.

Scan the QR code to watch a video demonstration of this exercise.



Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by University of Michigan Health. Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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