

Pass Throughs

Hold the pipe at your waist with a wide grip. **Slowly** bring the pipe over your head and as far behind your back as possible without pain. Be sure to keep your arms straight the entire time.

Hold for 30 seconds (6 deep breaths). **Slowly** return the pipe back over your head to the start position. If it's too difficult, try widening your grip. Continue breathing deep and exhaling slowly.

Frequency: 5 sets, daily, as tolerated.

