



Josef Dellagrotte

Improving Shoulder-Arm Functions 1999

CONTENT

01 Lifting and circling the arms	07 min
02 Connecting shoulder girdle to upper spine	29 min
03 Shoulder-arm guides walking	16 min
04 Improving full rotation and reach	17 min
05 Lateral lifting side reaching	17 min

Designed and guided by Josef DellaGrotte PhD

Based on Feldenkrais Awareness Through Movement

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