

SHOULDER STRETCHES

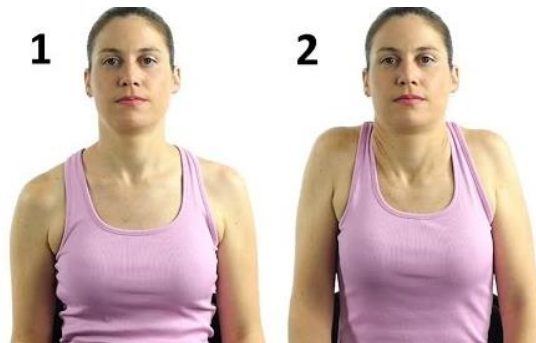
Shoulder Stretches for Everyday

Shoulder discomfort is often caused by muscle tension, poor posture, or repetitive movements. Regular stretching can help maintain flexibility, reduce strain, and lower the risk of shoulder discomfort.

Try these stretches to loosen a tense shoulders, minimize discomfort, and gain flexibility.

Shoulder Shrugs

1. Stand or sit straight with your arms positioned comfortably by your side.
2. Slowly elevate your shoulders upwards until you feel a mild stretch in your shoulders.
3. Hold for 3 seconds.
4. Repeat steps 1-3 two more times.



Shoulder Circles Stretch

1. Stand or sit straight with your arms positioned comfortably by your side.
2. Slowly bring your shoulders forward in a controlled, clockwise motion.
3. Complete 5 small circles.
4. Repeat steps 1-3 in a counterclockwise motion.



Arm Across Chest Stretch

1. Stand or sit straight with your arms positioned comfortably by your side.
2. Bring your right arm straight across your chest at shoulder height.
3. With your left hand, gently press your right upper arm toward your chest until you feel a mild stretch in your right shoulder.
4. Keep the extended arm straight or slightly bent.
5. Hold for 10-15 seconds.
6. Repeat steps 1-5 with your opposite arm.

