

SHOULDER/UPPER BACK STRETCHES



SHOULDER SHRUG

- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
 - Lift your shoulders toward your ears until you feel a slight tension in your neck and shoulders.
 - Hold for 5 seconds.
 - Relax your shoulders into their normal position.
 - Repeat 2 or 3 times.
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UPPER BACK STRETCH

- Sit or stand up straight with your shoulders relaxed. Look straight ahead.
- Interlace fingers behind your head with your elbows out to the side.
- Pull your shoulder blades together in back until you feel a slight tension in your upper back and shoulder blades. Don't arch your back.
- Hold for 8 to 10 seconds, then relax.
- Repeat several times.

Choose another area to stretch...

