



Get Out of Back Pain

SHOULDER ROLLS (SHRUG & ROLL)



Points to remember:

- Stand tall – see intro for what this means
- Inhale and lift the shoulders up a little
- Exhale, roll shoulders back a little and let the shoulder blades come down
- These are easy, gentle, small rolls
- Repeat 5 times
- If this is easy, inhale and lift the shoulders up a little more
- Exhale, roll shoulders farther back and farther down
- Repeat 5 times

What this targets:

- Helps to loosen up the shoulders and the connecting tissue