

Shoulder Rotations



Description: While walking, complete 10-15 shoulder rotations forward and then backward.

Instructions

1. Start with arms resting down by your side.
2. Slowly bring shoulders up towards your ears and rotate them in the forward direction. Repeat movement 10-15 times.
3. Slowly bring shoulders up towards your ears and rotate them in the backward direction. Repeat movement 10-15 times.

Tips & Modifications

- You should perform this exercise slowly and with control.



Click here or scan the QR Code to the right to watch video instructions!

