

Shoulder Rolls

Understanding Why

- Reinforces the 'Big 3' fundamental habit of [Shoulders Anchored](#).
- Increases shoulder blade mobility along ribcage.
- Warm-up shoulder stabilizing muscles,
- Interrupts static and seated posture.



- ✓ WIDE, STABLE BASE
- ✓ HINGE AT THE HIPS
- ✓ SHOULDERS ANCHORED

Exercise Description

Stand with arms relaxed near the sides of the body and head upright with shoulders anchored. Keeping arms relaxed, move the shoulders in large circular movements and press shoulders downwards at the bottom of the circle. Do ten (10) full-range circular motions backwards. You should feel the shoulder muscles moving around and an increase in blood flow. Some pops and cracks are regular as long as no pain is associated.



To see a video of this exercise visit:
<https://vimeo.com/254729998>



Common Mistakes

Forward Head Posture
Stress the neck and upper back.



Solution
Keep head balanced over shoulders and look forward through the movement.

Elevating The Shoulders Too Much
Overuses the upper trapezius muscles and reduces the effectiveness of the exercise.



Solution
Make sure shoulders are relaxed and circle through full range of movement, push down at the bottom of the circle.

Upper Back Unstable/Hunched
Reinforces poor movement pattern.



Solution
Anchor shoulders, keep head and chest upright and look forward. Focus on movement through the shoulders only, don't collapse through mid-back.

Shoulder Rolls (continued)

Coaching Points

Forward Head Posture



Guide the participant into an upright head posture and have them look forward through this exercise. They should be able to comfortably position their fist against their throat, between their chin and chest if their head is in a good position.

Elevating The Shoulders Too Much

You may need to guide the participant's shoulder through the full range of motion manually so they can feel the lowering of the shoulders at the bottom of the circle.

Upper Back Unstable/Hunched



You may need to tap or touch the participant between their shoulder blades to help engage the muscles. Encourage them to anchor their shoulders through the movement. If necessary, use a broomstick or dowel to help reinforce an upright posture and avoid collapsing through the mid-back.

Modifications

- If participants have pain or are incapable of performing this exercise properly, focus on correct posture and limit the size of the circles to a pain-free range.



If a participant continues to experience pain after correcting technique and modifying the exercise, consult with a MoveSafe® Specialist or other health care practitioner.



For more information on benefits, common errors, corrections and modifications associated with this exercise, view the In-Depth Exercise video at: <https://vimeo.com/203337997>

Shoulder Hinges

Understanding Why

- Reinforces the 'Big 3' fundamental habit of [Shoulders Anchored](#).
- Increases shoulder blade mobility along the ribcage to reduce strain on the rotator cuff.
- Warms up the shoulder stabilizing muscles.
- Interrupts static and seated posture.

Exercise Description

Stand tall with a neutral spine posture. Bend your elbows and touch your hands to your shoulders or the sides of your head. Try to touch your elbows together in front of you, then open your elbows as wide as possible while keeping your head still. Squeeze shoulder blades gently at the end of the wide open range. When opening elbows wide, you should feel a stretch in the front chest and muscle activation around the shoulder blades. You should feel a stretch between the shoulder blades when bringing the elbows together. Repeat ten (10) times.



To see a video of this exercise visit:
<https://vimeo.com/125958333>



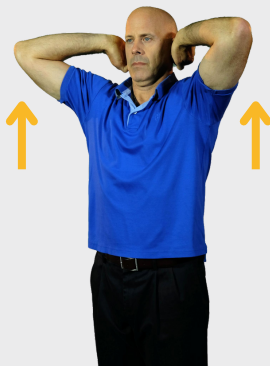
- ✓ WIDE, STABLE BASE
- ✓ HINGE AT THE HIPs
- ✓ SHOULDERS ANCHORED



Common Mistakes

Elbows Too High

Stress the shoulders and upper back.

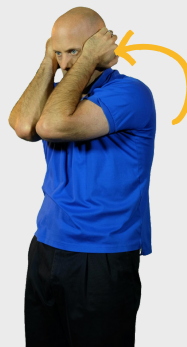


Solution

Keep upper arms parallel to the floor and keep shoulders anchored throughout to prevent arms dropping.

Upper Back Hunching

Limits the effectiveness of the exercise and reinforces poor posture.



Solution

Anchor shoulders throughout the movement, focus on squeezing shoulder blades at end range to gain extension.

Forward Head Posture

Places stress on the neck and upper back. Reinforces poor movement pattern.



Solution

Stand upright with head balanced over shoulders, and don't 'pull' on neck with your hands.

Shoulder Hinges (continued)

Coaching Points

Elbows Too High



You may need to physically guide the participant through the movement while keeping their elbows at the correct height.

Upper Back Hunching



You may need to tap or touch the participant between their shoulder blades to help engage the muscles. Encourage them to anchor their shoulders through the movement.

Forward Head Posture



Have the participant try hands on shoulders rather than hands on sides of head to avoid 'pulling' head forward. Or use a broom stick as a guide for correct head position.

Modifications

- If participants have shoulder pain, place fingers on the shoulders instead of the side of the head or try lowering the elbows while keeping an upright back posture (as shown in the picture at right).
- For back pain, limit the amount of extension and force of shoulder blade squeeze at the end of the movement.



If a participant continues to experience pain after correcting technique and modifying the exercise, consult with a MoveSafe® Specialist or other health care practitioner.



For more information on benefits, common errors, corrections and modifications associated with this exercise, view the In-Depth Exercise video at: <https://vimeo.com/203337626>

Anti-Slouch Stretch

Understanding Why

- Reinforces the 'Big 3' fundamental habit of [Shoulders Anchored](#).
- Offsets a forward, hunched posture.
- Reduces pressure in the spinal discs of the neck.
- Stretches the chest, back of the neck, and shoulders.
- Interrupts static and seated postures.



- ✓ WIDE, STABLE BASE
- ✓ HINGE AT THE HIPS
- ✓ SHOULDERS ANCHORED

Exercise Description

Stand in an upright position with the arms positioned slightly out to the sides. Turn your arms out so your thumbs point back. Gently squeeze your shoulder blades together. Reach slightly back and down with the shoulders while you extend the crown of your head up towards the sky. Hold for ten seconds (two deep breaths), relax and complete a total of two(2)times. You should feel this in the front of the chest and back of the neck. Make sure not to hold your breath.



To see a video of this exercise visit:
<https://vimeo.com/125958228>



Common Mistakes

Arms Or Back Extended Too Far

Puts excessive stress on the shoulders and/or low back.



Solution

Focus on extending crown of the head up to keep an upright posture and rotate arms in place at the side of the body.

Head Forward Or Down

Puts stress on the neck and upper back and reinforces poor posture.



Solution

Extend the crown of the head up, but only tuck the chin slightly, your eyes should look forward and slightly down, not at the floor.

Thumbs Forward or Turned In

Reduces effectiveness of the chest/anterior shoulder stretch.



Solution

Keep arms at the sides of the body and rotate thumbs outwards, trying to get them pointed behind you.

Anti-Slouch Stretch (continued)

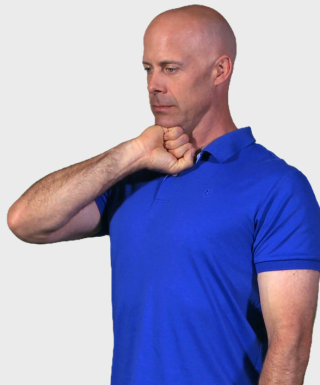
Coaching Points

Arms Or Back Extended Too Far



You may have to physically guide worker into an upright posture. Consider using a broom handle or other tool as a guide along their back so the participant can feel their posture. Back of the hips, shoulder blades, and head should stay in contact with the stick.

Head Forward Or Down



You may need to guide the participant into a proper chin tuck posture, gliding their head back and up and using a fist near the throat to demonstrate a good chin tuck.

Thumbs Forward Or Turned In

Instruct the participant to turn their hands outwards so they can coordinate the arm rotation with the extended spine posture

Modifications

- If the participant has pain in the front of their shoulder, limit how far back the thumbs rotate, keeping the movement in the pain-free range.
- If the participant has neck pain, limit how far the neck glides back during the chin tuck. Keep the movement in the pain-free range.



If a participant continues to experience pain after correcting technique and modifying the exercise, consult with a MoveSafe® Specialist or other health care practitioner.



For more information on benefits, common errors, corrections and modifications associated with this exercise, view the In Depth Exercise video at: <https://vimeo.com/203332314>