

Wall Angels

This is a great exercise for people who sit in a desk and/or experience upper back tightness from bad posture. By doing this exercise you will increase your shoulder mobility and reduce neck and shoulder pain.

Targeted Muscles: Neck, shoulder, upper back

Action Desired: Reducing neck and shoulder pain, and releasing tightness from upper back. Improve posture.

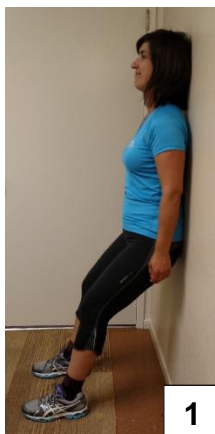
Steps

1) Bend your knees slightly so your head, shoulders and lower back are comfortable against a wall (Fig. 1). Raise your arms up with your elbows at shoulder height, bent at 90 degrees and with the back of your wrists against the wall (Fig. 2). Stay in this position for 5-10 seconds, taking a few deep breaths.

2) Gently tense your stomach muscles to make your spine rigid. Lower your arms to your sides in a slow and smooth motion, keeping the elbows bent at 90 degrees (Fig.3). You will feel a stretch on the front of the chest. Imagine you are squeezing a tennis ball between your shoulder blades. Now bring your elbows back up to level with your shoulders and pause for a few seconds (Fig. 2).

Note: If you have tight shoulders you may feel your hands lift away from the wall. This is fine, the trick now is to keep the spine still, and try not to arch your back.

Repetitions: 15-20 reps 2-3 times a day.



* If these movements cause any pain or discomfort, please consult with your chiropractor.