

TIGHT SHOULDERS?

If you sit at a computer or drive a vehicle all day you are probably no stranger to tight shoulders. Here are a few ideas to help:

- During your workout you want to WORK the back muscles, with rowing type exercises or by using a lat pulldown bar, doing wide arm pullups or other back exercises
- Reduce chest and anterior deltoid (front shoulder raises) exercises
- For every chest exercise you do, like push-ups or bench press, do 2-3 back exercises
- Stretch your neck, trapezius muscles and chest muscles as well as your shoulders
- Consider RMT (registered massage therapy) or foam rolling to reduce muscle tension
- A lot of tension can be created in the shoulder area from emotional stress. Try deep breathing and mindful relaxation to reduce muscle tension
- Look at your posture both seated and standing



Chest



Upper Body - Relax



Squeeze shoulder blades



Shoulders



Full Body



Neck