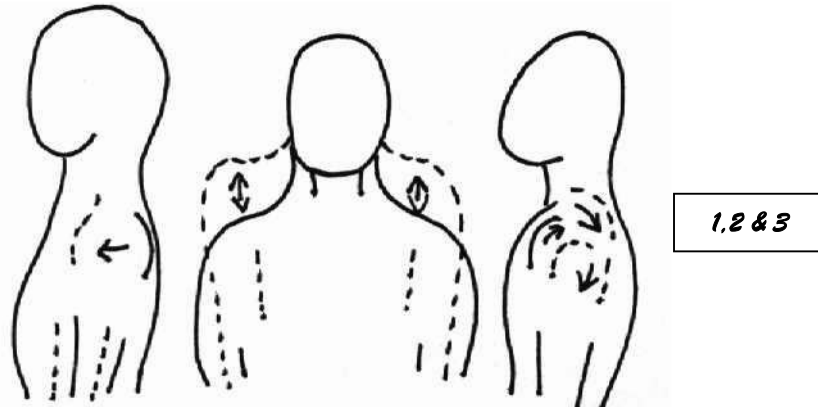


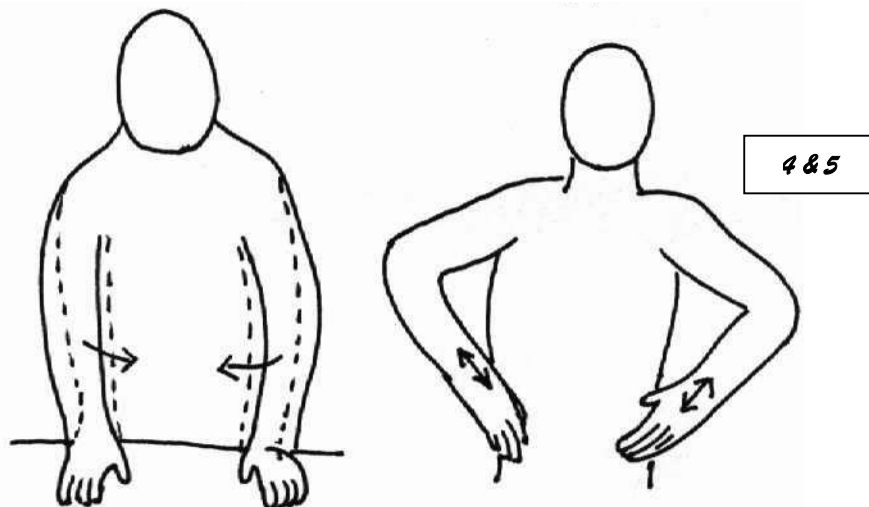


Advice Sheet AS18: Shoulder Girdle Exercises

Shoulder Girdle Exercises



1. **Starting position:** chin tucked in, neck straight. Brace the shoulders back and then bring them forwards.
2. Shrug the shoulders up and down.
3. Circular movements with the shoulder blades, forwards, downwards, backwards and upwards in one smooth continuous movement.



4. Place hands, palms forward onto a desk, press forwards and inwards, then relax.
5. With hands on your hips, increase and decrease the pressure of both hands on the hips.

Note: This set of exercises is designed to put the shoulder girdle through its full range of movement and at the same time strengthen the associated muscles.