

Shoulder Rotation

Why we do it:

Extends and flexes side muscles. Loosens shoulders and chest and promotes upper body movement.

Functional Benefit:

Mobility
Flexibility



Start in the neutral position.



Move right arm in front of you and around behind your head in a circular motion.

Remember to try and create space between your ribs and hips as you move / rotate.



Return to neutral and repeat on the left.