

## Ergonomics – *Stretching and Strength Exercises For You Shoulders*

# Stretching for the Shoulders

### **Pendulum Swing:**

Lie facedown on the edge of a bed with one arm hanging down. Relax your shoulder, arm and hand and make sure your shoulder blade is down. Slowly, swing your arm to the front and to the back. If you experience any pain, restrict the angle of the swing.

### **Arm Circles:**

Standing, grasp a chair with one arm. Bend forward at the waist, bending your knees a bit. The free arm should hang down; your shoulder blade should be down. Swing your arm in small circles. Repeat motion and change direction of the circles.

### **Shoulder Blade Crunch:**

Lace your fingers together behind your head. Move your elbows back to pinch your shoulder blades together. Hold for 3 counts and relax. Repeat 3 times.

### **Arm Stretch:**

With your right hand, grasp your left elbow in front of you. Look over your left shoulder and pull your left elbow toward your right shoulder. Hold for 15 counts. Repeat 2 to 3 times and then do the other side.

### **Back and Chest Stretch 1:**

Standing, link your hands together behind your back. Then rotate your elbows inward while you straighten your arms.

### **Back and Chest Stretch 2:**

Standing, link your hands together behind your back. Lift your arms up until you feel a nice stretch. Hold for 10 to 20 seconds. Repeat as you like.

### **Back and Chest Stretch 3:**

Standing, reach your arms behind you at shoulder level and grasp both sides of a doorway. Lean forward and straighten your arms. Hold for 10 seconds. Repeat as you like.

# Strengthening for the Shoulders

### **Push-Ups:**

Lie face down on the floor. Place your hands 24 inches apart with your palms down on the floor. Your legs and body should be straight. Your head should be in line with your spine. Press yourself upwards, fully extending your elbows and supporting the lower body on your toes. Return to the starting position. Try to repeat 10 times for a set and do 3 sets.

### **Shoulder Raise:**

Sit on a chair with your feet flat on the floor. Hold a dumbbell (or weight) in each hand. Let your arms hang down, holding the weights to your side with your palms facing inward. Raise the weights to the side and upward until they are slightly higher than your shoulder. Keep your elbows slightly bent. Lower the weight to the starting position. Try to repeat 10 times for a set and do 3 sets.