Shoulder: Clock – Sidelying

Purpose: To relax neck, shoulder and upper back muscles.

Position: Lie on your side with a small towel or pillow under your head.

Action: Imagine your shoulder is the center of a clock. Try to touch 12 o’clock with your shoulder, then 6 o’clock. Repeat trying to touch opposite pairs of numbers: 1–7, 2–8, 3–9, 4–10, 5–11 and 6–12.

Hold each repetition ____ seconds.

Do ____ repetitions ____ times per day.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.