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.