SHOULDER STRETCHES

Regular stretching not only keeps you safe from injuries but also helps to increase your range of motion and improve your posture. Having stiff or tight shoulders can lead to discomfort and may limit your range of motion. Shoulder stretches can help ease shoulder and neck tightness, soreness, and tension in the muscles. Try the stretches below not only to relieve shoulder tension but also to prevent future discomfort.

Stop if you feel any pain while performing these stretches. If you have a history of any neck surgery, injury, or serious pain, **discuss with your doctor before attempting these exercises.**

Shoulder Rolls

Cross-Body Shoulder Stretch

Arm Circles

Shoulder Stretch with Towel

Overhead Triceps Stretch