

NECK & SHOULDER EXERCISES FOR ARTHRITIS



Shoulder Circles

- Shrug both shoulders and roll them backward.
- Relax your shoulders and repeat backward circles 10 times.
- Switch directions and roll shoulders forward 10 times.



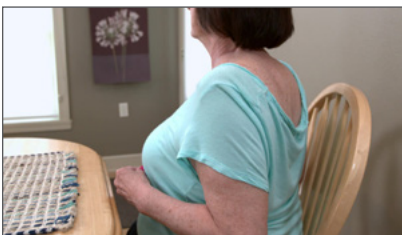
Neck Rotation

1. Turn your head to the right as far as possible.
 2. Return to center and repeat on the left.
 3. Return to center and tilt your head back as far as possible so your chin points toward the ceiling.
 4. Return to center and tilt your head down, bringing your chin toward your chest.
- Repeat complete circuit 10 times.



Upward Reaches

1. Extend arms directly in front of you and lift them straight overhead as high as possible.
- Hold for 3-5 seconds and bring your arms back down.
2. Extend arms in front of you with your hands slightly wider than shoulder width apart and lift them overhead as high as possible.
- Hold for 3-5 seconds and bring your arms back down.
3. Extend arms out to your sides and lift them overhead as high as possible.
- Hold for 3-5 seconds and bring your arms back down.
- Repeat complete circuit 10 times.



Shoulder Blade Squeezes

- With arms at your sides and elbows bent at 90 degree angles, squeeze your shoulder blades together.
- Hold for 3-5 seconds.
- Relax and repeat 10 times.

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