



Shoulder Circles

Virginia Mason Physical Therapy

- Sit or stand relaxed with arms remaining down at your sides
- With a slow smooth motion, move both shoulders at the same time making as large a circle as possible. The shoulders should go as far forward, up, back, down as possible.
- Keep head and neck neutral
- Repeat 10 times
- Perform this exercise 2-3 times daily

Watch this video at [VirginiaMason.org/SpineExercises](https://www.virginiamason.org/SpineExercises)