



Rounded Shoulder Exercise



Indications Rounded shoulders, upper back and neck tension. This is a great exercise to work with the muscles involved with rounded shoulders. It will work to stretch pectoralis major, and to strengthen the lower fibers of the trapezius.

Cautions Stop if there is any pain, as this stretch should be pain free.

Technique

1. Hold a broomstick or PVC pipe at shoulder level behind your neck with your hands far apart.
2. Gently lower the pipe as far as you can allowing it to touch your back.
3. Bring it back up slowly and repeat 5 - 10 times.

Video Video of this exercise is in the free section of the massage technique library at www.massagelibrary.com