

The Shoulder, Neck and Wrists Series (Series 1)

Designed to address

- Shoulder & Neck pain
- Tendinitis
- Carpal Tunnel Syndrome

1. Seated Hand & wrist exercises

- Rotating wrists
- Make fists with hands, release and spread all fingers out widely
- Palms together in front of your heart center
- Press into the palms
- Lift the breastbone, chin level with the floor
- Sit bones grounded, feet in firm contact with the ground, shoulders slightly back, chest open
- First, put your hands on the sides of the chair, straighten the arms, lift your spine, press into the heels of your palms, breathe deeply
- Second, with a deep inhalation lift the arms to shoulder height
- Arms are active
- Stretch out through the fingertips
- Palms face down
- Third, turn the palms to face up
- Fourth, inhale the arms up by your ears
- Arms are straight and active
- Shoulders down and away from the ears
- Bringing the palms together, exhale them in front of your heart center
- Release the arms down
- Fifth, inhale the arms up, interlace the fingers and let your hands rest on the top of your head
- Take a deep breath

- As you exhale, straighten the arms up, extend the palms up toward the ceiling
- Shoulders down and away from the ears
- Breathe
- Now bring the shoulderblades a little closer together
- The chest expands even more
- Refine the posture by lifting the thumbs a little more toward the ceiling
- After 5 long, even, rhythmical breaths slowly release the fingers and exhale the arms down

2. Seated Side Bend

- Sit on a chair with your back straight and your hands on your thighs or knees. Your feet are in full contact with the ground, preferably with your shoes off.
- As you inhale deeply, bring your arms out to the sides, then straight up by your ears.
- Take the shoulders down and away from the ears, while maintaining straight, active arms.
- Bring your palms together.
- Take a deep breath, then gently bend from the waist to the right as you exhale.
- Hold for 3-5 deep inhalations and exhalations, then return to center.
- Repeat this sequence on the other side.

3. Dog pose on chair

- Stand about 3 feet away from your chair with the legs hip distance apart – shoes are off.
- Lift your kneecaps without locking your knees.

- Lift your breastbone to expand your chest fully.
- On your next breath bring the arms up by your ears and take the shoulders down and away from the ears.
- Exhale and fold your body forward and down toward the chair, taking a hold of the edges of the chair with your hands.
- Relax your head, neck and shoulder and begin to breathe deeply.
- After 3-5 breaths, release your hands and come up.

4. Head rotation (left and right)

- Sit erectly in your chair, hands on your thighs or knees, feet in full contact with the ground.
- Lift your breastbone, keep the shoulder level and relaxed.
- Relax your face and jaw.
- Chin is level with the ground.
- Take a deep breath, then exhale and rotate the head to the right.
- Go only as far as comfortable and begin to breathe deeply and evenly.
- After 3-5 breaths, bring your head back to center.
- Repeat the rotation to the other side.

5. Lateral neck stretch (left and right)

- Sit erectly in your chair, hands on your thighs or knees, feet in full contact with the ground.
- Lift your breastbone, keep the shoulder level and relaxed.
- Relax your face and jaw.
- Chin is level with the ground.
- Take a deep breath, then exhale the right ear toward the right shoulder.

- Go only as far a comfortable and begin to breathe deeply and evenly.
- After 3-5 breaths, bring your head back to center.
- Repeat the sequence to the other side.

6. Modified lateral stretch

- Sit erectly in your chair, hands on your thighs or knees, feet in full contact with the ground.
- Lift your sternum, keep the shoulder level and relaxed.
- Relax your face and jaw.
- Chin is level with the ground.
- Take a deep breath, then exhale the right ear toward the right shoulder.
- Go only as far a comfortable and begin to breathe deeply and evenly.
- Now bring the right hand onto the left ear, adding a little more weight.
- Make sure not to pull.
- After 3-5 breaths, bring your head back to center.
- Repeat the sequence to the other side.

7. Chin to chest

- Sit erectly in your chair, hands on your thighs or knees, feet in full contact with the ground.
- Lift your sternum, keep the shoulder level and relaxed.
- Relax your face and jaw.
- Chin is level with the ground.
- Take a deep breath, then exhale chin toward the chest.
- Feel the weight of your head as you breathe deeply and evenly and allow your neck and shoulder muscles to release.
- Take a few breaths.
- Bring the head back to center.

8. Head up and back (note: try to stretch the throat without compressing the neck too much. The head does NOT go back all the way.)
 - Sit erectly in your chair, hands on your thighs or knees, feet in full contact with the ground.
 - Lift your sternum, keep the shoulder level and relaxed.
 - Relax your face and jaw.
 - Chin is level with the ground.
 - Take a deep breath, then exhale chin toward the chest.
 - Slowly inhale the head up and slightly back.
 - Repeat 3-5 times.
9. Neck rotations (5x each direction)
 - Sit erectly in your chair, hands on your thighs or knees, feet in full contact with the ground.
 - Lift your sternum, keep the shoulder level and relaxed.
 - Relax your face and jaw.
 - Chin is level with the ground.
 - Take a deep breath, then exhale chin toward the chest.
 - Now inhale the right ear over the right shoulder and rotate the head back.
 - Exhale the left ear over the left shoulder and bring the chin to the chest again.
 - Repeat 4 more times in that direction, paying attention to where your tension spots are.
 - Then repeat this sequence on the left side.
10. Eye Exercises
 - With regular breathing begin to blink your eyes vigorously to a count of 30.
 - Now tightly squeeze your eyelids together and hold for a count of 10.
 - Release and repeat twice more

- Close your eyes, rub your palms together and generate heat in them. Cup your eyes with your palms, relax your shoulders and hold as long as you wish or as long as comfortable.

11. Chair twist

- Sit erectly in your chair, hands on your thighs or knees, feet in full contact with the ground.
- Lift your sternum, keep the shoulder level and relaxed.
- Relax your face and jaw.
- Chin is level with the ground.
- Bring the left hand behind your back, palm flat on the chair.
- With an exhalation gently rotate your torso to the left.
- Take a hold of the side or top edge of your chair, relax your shoulders, lift your sternum, and rotate your head toward the right shoulder.
- Take 3-5 breaths and release the posture slowly.
- Repeat on the other side.

12. Seated forward bend

- Sit erectly in your chair, hands on your thighs or knees, feet in full contact with the ground.
- Lift your sternum, keep the shoulder level and relaxed.
- Relax your face and jaw.
- Chin is level with the ground.
- Inhale the arms out to the sides.
- As you exhale, bend forward and bring your palms flat on the ground next to your feet. You may modify this movement by bringing the hands onto your knees and sliding them down the legs toward the feet.
- Relax your head, neck and shoulders.

- Take 3-5 breaths and come back up on an inhalation.

All burdens lift from my shoulders. My mind is clear.