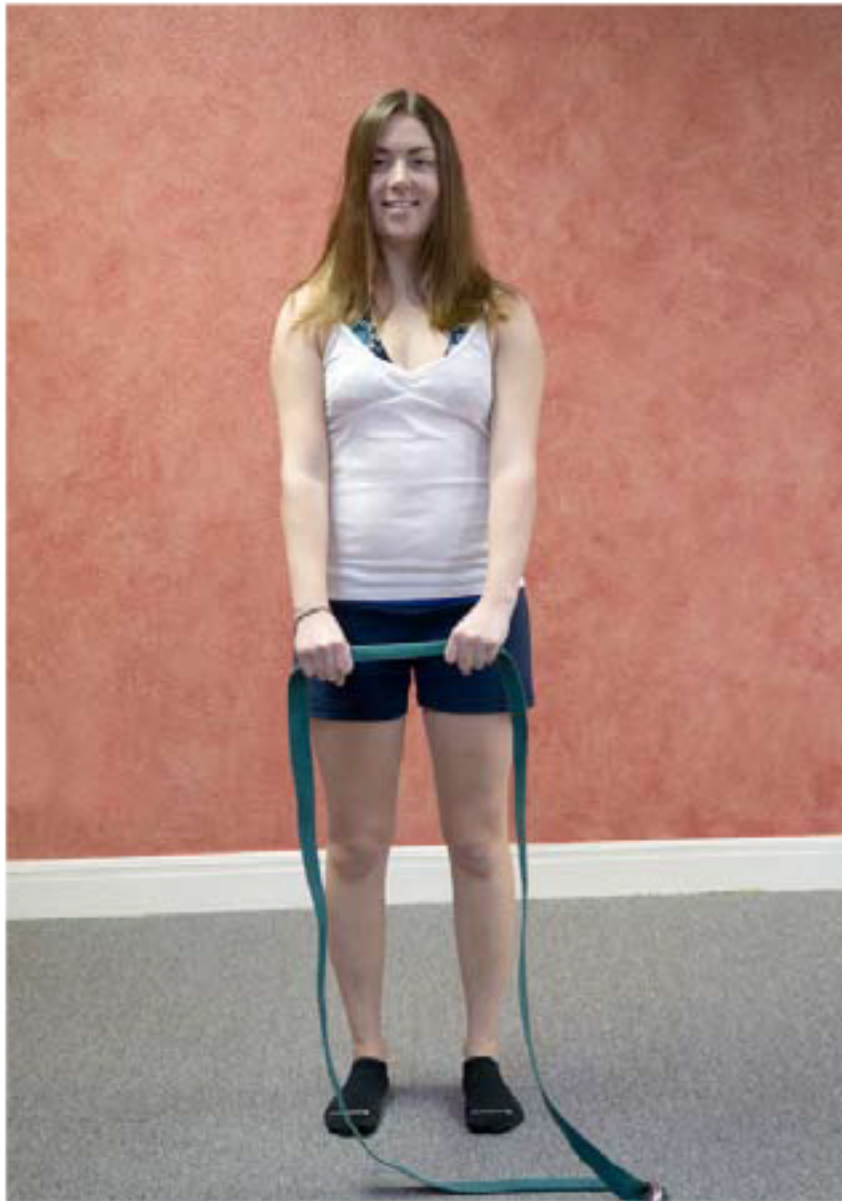


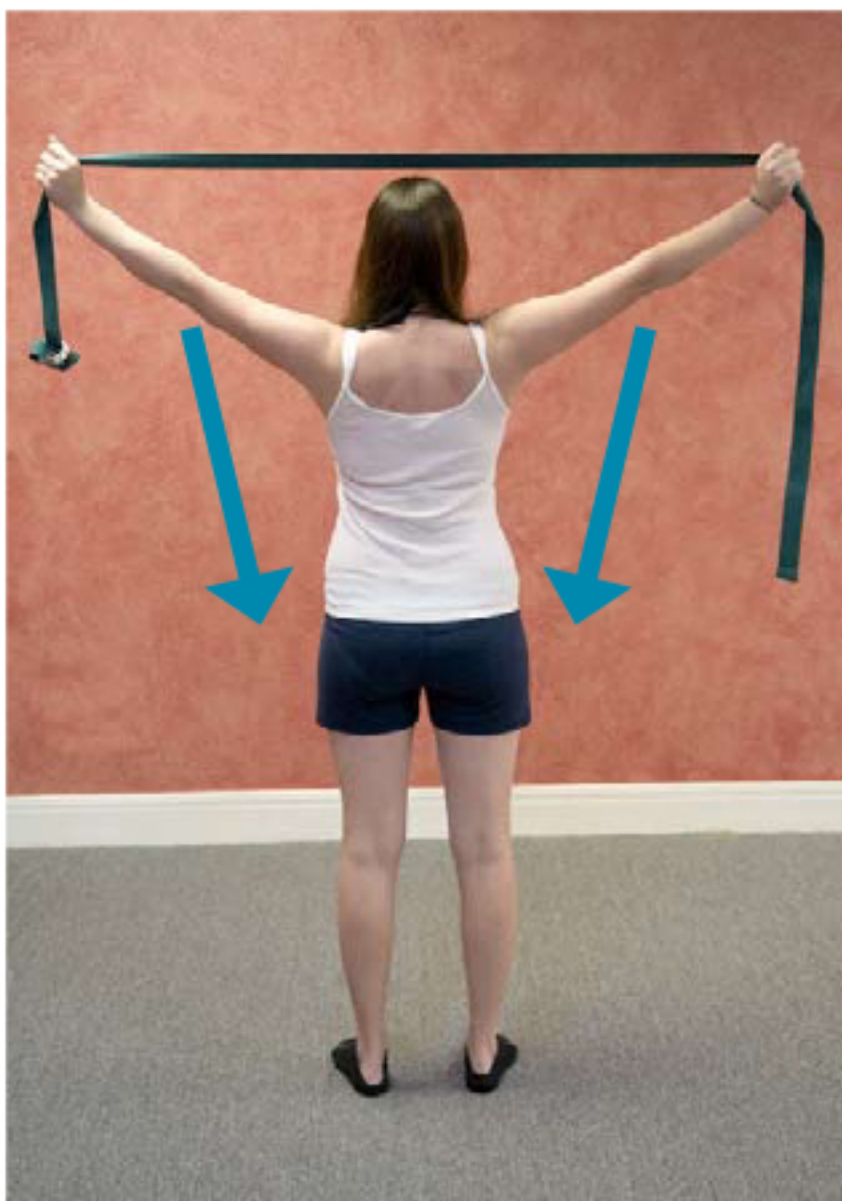
## Starting Position



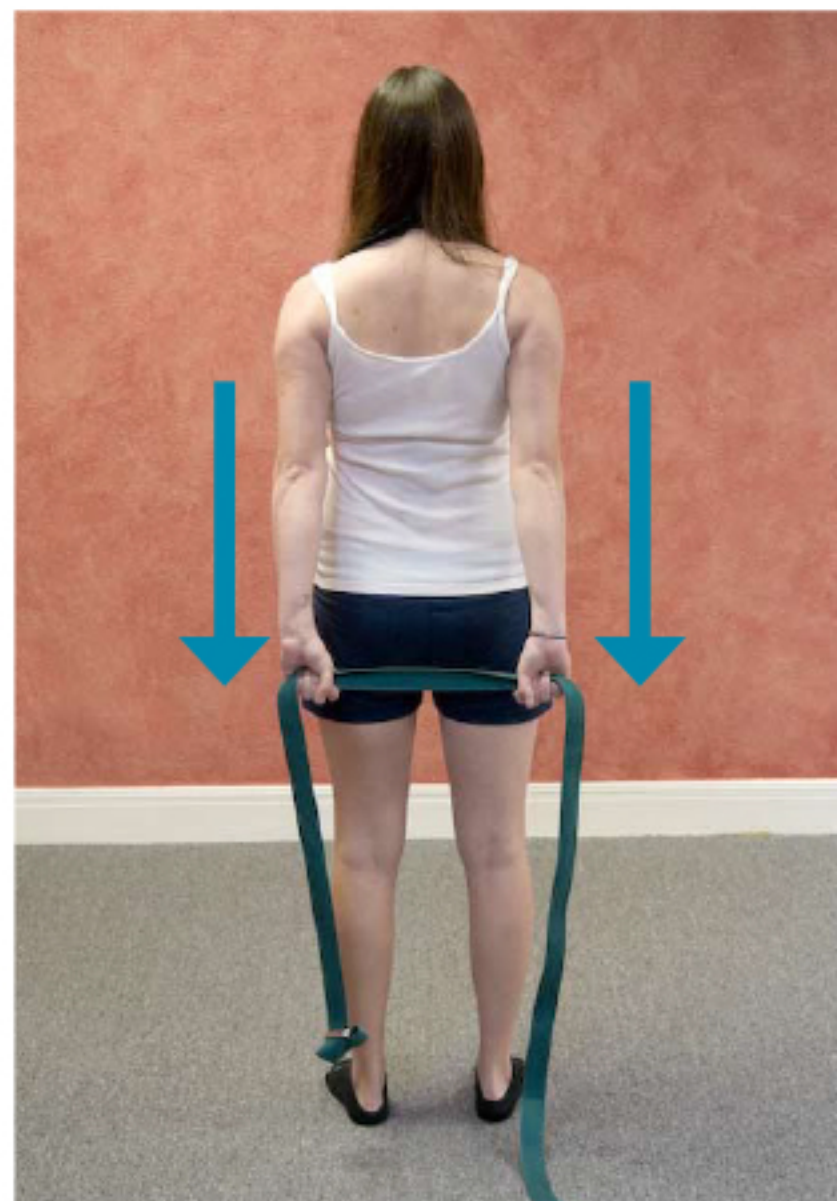
1. Have belt cinched in close, pulling shoulder blades down.



2. Slowly raise arms up, bringing shoulder blades down.



3. Pull shoulder blades down and in.



4. If able, bring belt all the way down. If shoulder ROM does not allow, grasp belt behind your back as shown, pull shoulder blades down.

## Neck & Shoulder Pain

**Stretch:** This stretch is a great way to feel your body move and stretch while maintaining correct shoulder blade engagement.

**FYI:** Did you know that when we move our arm without engaging our shoulder blade first, we over-use the muscles in our neck and upper shoulder causing postural imbalance and pain?

As you are raising your arms up, make sure your shoulder blades are drawing down. Keep your arms straight and do not allow your ribs to flare out.