



SHOULDER JOINT

Exercise 1:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

or

Sitting on a chair, your feet in width of your hips leaned firmly against the mat. Stretch your head and straighten your back without leaning against the backrest.

Breathing in stretch your shoulders to your ears, breathing out pull them back continuously (the scapulae are pulled downwards). Repeat several times.

Exercise 2:

Sitting on a chair, your feet in width of your hips leaned firmly against the mat. Stretch your head and straighten your back without leaning against the backrest.

or

Lying on your side with bent knees, your lower arm under your head, your head in the same line as your backbone, your upper arm lie on the side, pull away your shoulder from your ear.

Rotate your right shoulder one way while the scapula is sliding on your back. Then do it on the other side. Join both circles into one vertical (and horizontal) loop, rotate your shoulder from your ear to your pelvis continuously to the other side. Straighten your shoulders and do the same with the other shoulder girdle.

Exercise 3:

Sitting on a chair, your feet in width of your hips leaned firmly against the mat. Stretch your head and straighten your back without leaning against the backrest.

Put both your palms on your shoulders and rotate them to utmost extent. Your elbows meet in front of your body, breathing freely. Repeat the whole motion on the other side.

or

Lying on your side with bent knees, your lower arm under your head, your head in the same line as your backbone, your upper arm lie on the side, pull away your shoulder from your ear.

Rotate first your right shoulder both sides round, then turn to your right side and repeat the same with your left shoulder.

Exercise 4:

Sitting on a chair, your feet in width of your hips leaned firmly against the mat. Stretch your head and straighten your back without leaning against the backrest.



or

Lying on your side with bent knees, your lower arm under your head, your head in the same line as your backbone, your upper arm lie on the side, pull away your shoulder from your ear.

Stretch your right arm to the tips of your fingers and start rotating it without turning your body. Then do it to the other side breathing freely. Finally do the same with your left arm.

Exercise 5:

Sitting on a chair (ideally on a chair without a back support), your feet in width of your hips leaned firmly against the mat. Stretch your head and straighten your back without leaning against the backrest.

With your fingers entwined at the back, breathing out, try to stretch the upper parts of your hands askew far in direction of the mat. Release them breathing in but your ribs do not go forward. Repeat several times.

Exercise 6:

Sitting on a chair (ideally on a chair without a back support), your feet in width of your hips leaned firmly against the mat. Stretch your head and straighten your back without leaning against the backrest.

Holding a towel behind your back, put your arms near your hip joints. Breathing out draw your shoulders away from your ears and stretch your hands to the sides) as if though you wanted to tear the towel into two parts), and release them breathing in. Make sure your feet stay fixed on the mat. Repeat several times.

Exercise 7:

Sitting on a chair (ideally on a chair without a back support), your feet in width of your hips leaned firmly against the mat. Stretch your head and straighten your back without leaning against the backrest.

Holding a towel behind your back, one arm goes from above down, the other goes up. Try to keep your back straight. Pull the towel with your upper hand up, and with the other hand down. Breathing freely, repeat it several times.

Exercise 8:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

or

Sitting on a chair, your feet in width of your hips leaned firmly against the mat. Stretch your head and straighten your back without leaning against the backrest.



Stretch both your arms to the tips of the fingers sideways and stretch them continuously upwards and back. Stretch your head, your shoulders away from the ears, breathing freely. If your shoulders do not allow you this, put your hands from the sides on your shoulders and do the whole motion with a short lever. Repeat it several times, and then release your hands

Exercise 9:

Sitting on a chair, your feet in width of your hips leaned firmly against the mat, your palms on the thighs. Stretch your head and straighten your back without leaning against the backrest.

or

Lying on your side with bent knees, your lower arm under your head, your head in the same line as your backbone, your upper arm lie on the side, pull away your shoulder from your ear.

Rotate continuously your shoulder girdle, your palm remains in place, try to move your scapulae as well. Then rotate the other way round. Your shoulder away from your ear, rotate the other shoulder girdle.

Exercise 10:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

or

Sitting on a chair, your feet in width of your hips leaned firmly against the mat. Stretch your head and straighten your back without leaning against the backrest.

Your arms stretched upwards, breathing out draw your shoulders away from the ears, your elbows aside in the candle form. Breathing in, stretch your arms backwards. . Repeat several times and release your arms along your body.

Exercise 11:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

or

Sitting on a chair, your feet in width of your hips leaned firmly against the mat. Stretch your head and straighten your back without leaning against the backrest.

As if to dig into your left pocket for a hanky which you throw behind diagonally behind your body, turn your thumb backwards and draw your ear away from your ear. Repeat several times. Then do the same with the other hand.



Exercise 12:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

or

Sitting on a chair, your feet in width of your hips leaned firmly against the mat. Stretch your head and straighten your back without leaning against the backrest.

Touch with both of your arms your hips crosswise (your right hand up) and then stretch them both behind your head, your thumbs turned back towards the mat, your back straight, your shoulders drawn away from your ears. Then stretch your hands above your trunk crosswise (your left hand is up). Repeat several times and release your arms.

Exercise 13:

Lying on your back with your legs bent and your feet in width of your hips, your back spread on the mat and your head stretched (and supported if necessary). Neither press your loins towards the mat nor lift them up during exercises.

or

Sitting on a chair, your feet in width of your hips leaned firmly against the mat. Stretch your head and straighten your back without leaning against the backrest.

Try to pick up an apple up on the left with your right hand (reach as far as possible) and then drop it on the left side. Repeat several times and then do it with your other hand.

Exercise 14:

Sitting on a chair, your feet in width of your hips leaned firmly against the mat. Stretch your head and straighten your back without leaning against the backrest.

Hold your nose with one hand and put the other one through the arisen opening (like the elephant's trunk) and with that trunk push into the trunk holder and draw the shoulder down and then release it. Repeat several times and then do it with the other side.

Exercise 15:

Sitting on a chair, your feet in width of your hips leaned firmly against the mat. Stretch your head and straighten your back without leaning against the backrest.

Stretch your arms to the tips of your fingers a bit from your body and turn your palms one way to the ceiling and the other way behind your back (as far as possible), but do not turn your shoulders. Repeat several times