

Shoulder Spirals

- Perform *Standing Stabilization* with right arm finger tip length from wall
- Once you have this position maintained raise right arm sideways to shoulder height keeping **shoulders down and back**
- Palm faces wall, middle finger points straight up. Lean into the wall and ground the knuckles of the thumb and first finger into the wall
- Upper arm rotates up (turning the eye of the elbow up), lower arm rotates down and tractions wrist as **shoulder blade drops down and back again**
- Recheck chest, ribcage, pubic bone, abs, gluts and legs
- Head back, chin in, nose points forward
- Chest comes up to chin, neck back and in, ribcage stays back towards spine
- Push thumb, first finger and base of palm into wall as **shoulders stay down and back**
- Recheck head, chest, ribcage, pubic bone, abs, gluts and legs. Hold
- Deep breathe in and hold. Exhale and relax, returning arm to side
- Repeat with left arm