

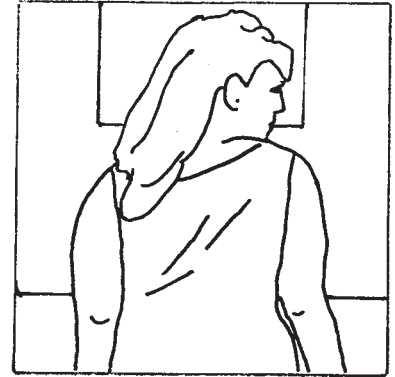
## SHOULDER RE-BALANCING MOVEMENTS

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**BASIC POSITION:** Stand in front of a mirror. Look carefully at the position of your shoulders. Is one shoulder higher than the other? Does one shoulder roll forward?

### EXERCISE MOVEMENTS:

1. Look in a mirror at your shoulders. Exaggerate what you see. If the right shoulder is higher, take a deep breath and raise the right shoulder with your face turned toward your raised shoulder. The deep breath will expand, stretch and relax your rib and chest muscles. Hold your breath.
2. Strongly thrust your opposite hand toward the floor. Hold that position for 3 to 10 seconds.
3. Release your breath and your position.
4. Breathe in deeply and raise your other shoulder as in Step 1 and two.
5. Release your breath and your position.
6. Look in a mirror and observe the changes in the position of your shoulders.
7. Wiggle and move the shoulders. Relax.
8. Observe your shoulder position now. Are they equal? Do your shoulders feel more relaxed?
9. Repeat the movements in steps 1 through 7. If one shoulder still appears to be higher or rolled forward, exaggerate the position you observe.
10. Relax.



**SUGGESTED FOLLOW-UP:** Look in a mirror and check your shoulder position frequently. Keep yourself centered and in alignment with various centering and rebalancing movements suggested in this manual. For more moves that can help the shoulders, do the **Chair Stretch For Shoulders and Ribs, the Doorway Hug/Stretch, and Shoulder Rebalancing Exercises**. Also, do movements

for neck and hip re-balancing in