



# TRIMBOLI CHIROPRACTIC

## SHOULDER BLADE DISCOMFORT RELIEF

Simple mobility movements for upper-back and shoulder-blade tension

**Movement Tip:** Work within a comfortable range. Move slowly, keep breathing, and stop if you experience sharp pain, numbness, or tingling.

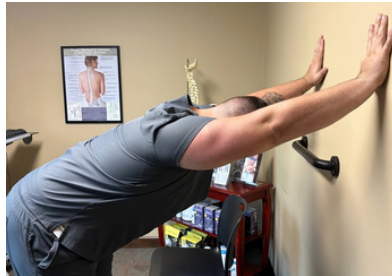


### 1 | WALL ANGEL

**Start:** Stand with your hips and low back against the wall. Bring your arms out to the sides with your elbows bent to 90 degrees, keeping each elbow in line with the shoulder. Your heels may touch the wall, or step them slightly forward to make the movement easier.

**Move:** Keeping your hands against the wall, slowly slide your arms overhead as high as you comfortably can. Then return to the starting position.

**10 REPS • 3 TIMES PER DAY**

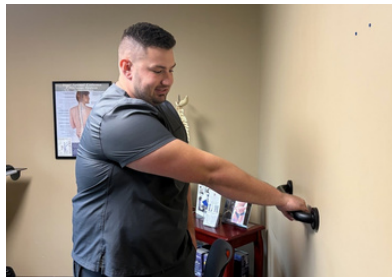


### 2 | WALL LAT / SHOULDER BLADE STRETCH

**Start:** Place both hands on the wall with your arms fully extended. Keep your hips in line with your shoulders, or slightly behind them if you need more room.

**Move:** Push your hips back and allow your upper body to sink below your arms. Only go as far as feels comfortable. Breathe in on the way down, hold for 3 seconds at the bottom, then exhale as you return.

**5-10 REPS • 3 TIMES PER DAY**



### 3 | SINGLE-ARM SHOULDER BLADE STRETCH

**Start:** With one arm at a time, hold a sturdy handle, door frame, or pole slightly below shoulder level.

**Move:** Rotate your whole body toward the arm you are stretching, then gently lean away until you feel a stretch along the muscles just inside the shoulder blade.

**HOLD 30 SECONDS • 3 TIMES PER DAY • EACH SIDE**