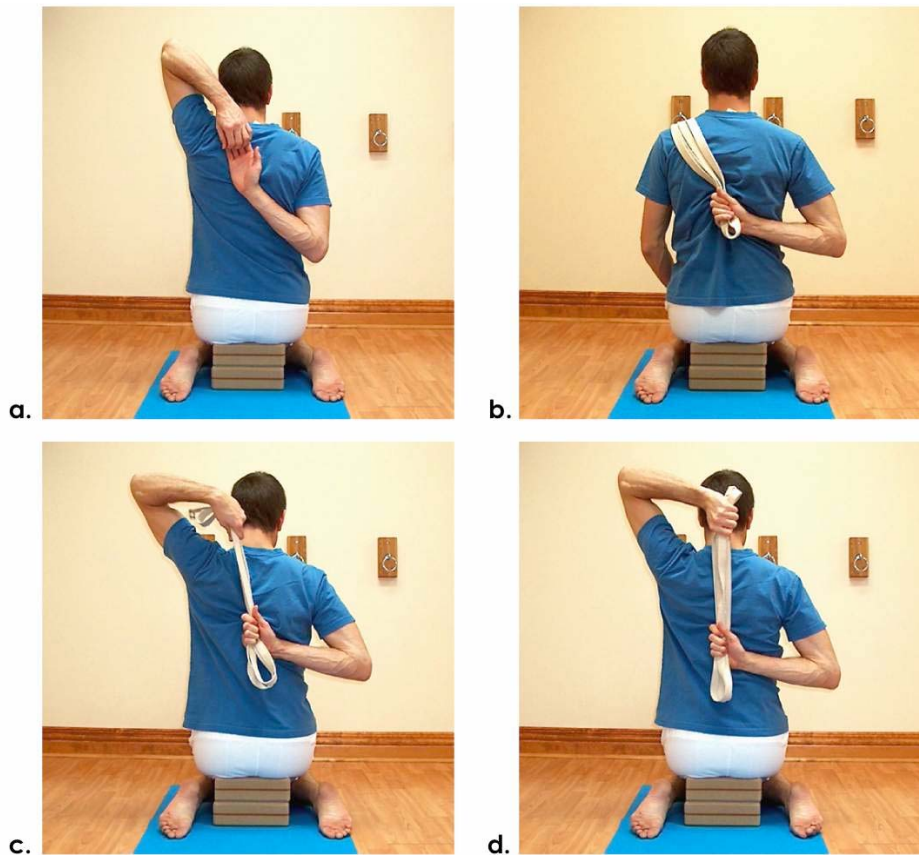


Knelling Shoulder-Opening Pose (using a belt if necessary)



Props required for this posture:

- 1-2 blocks
- 1 belt – if necessary

Helps in the prevention and management of the following sports injuries:

- Elbow sprains and bursitis
- Rotator cuff tendonitis
- Tricep strain

Benefits of the posture:

- Creates flexibility in the shoulder joints and upper spine.
- Mobilizes and relieves stiffness in the shoulder joints.

Kneeling Shoulder-Opening Pose (using a belt if necessary)

(continued)

Instructions:

NOTE: Sit on a block(s) to help create more length and support in the lower back.

- Sit up straight and lift the chest.
- Extend your right arm out to the side and then bend it behind your back.
- Slide the back of your right hand up your back and position it between your shoulder blades – with fingers pointing up.
- Raise the left arm, bend it at the elbow and drop it down to meet the right hand. Clasp the fingers. (figure a)
 - If you are not able to clasp the fingers, use a belt to hold the hands behind the back. (figure b)
- Raise the left arm, bend it at the elbow and drop it down to meet the right hand. (figure c)
- Remain here for 10-20 breaths.

Once the hands are clasped or held together with a belt:

- Move the left forearm close to your head.
- Roll your right shoulder back and open your right collarbone.
- Press the shoulder blades into the back in order to lift and broaden the chest.
- Maintain a calm and even breath.

Release the grip of the hands and repeat on the other side:

- Extend your left arm out to the side and then bend it behind your back.
- Slide the back of your left hand up your back and position it between your shoulder blades – with fingers pointing up.
- Raise the right arm, bend it at the elbow and drop it down to meet the left hand. Clasp the fingers.
 - If you are not able to clasp the fingers, use a belt to hold the hands behind the back.
- Remain here for 10-20 breaths.

