

Easy Shoulder Stretch

From my 20 years of computer support work, I've learned that shoulder and neck muscles tighten up quickly when working (or playing) on the computer for multiple hours in a day. Easy shoulder stretches several times a day can keep your shoulder and neck muscles from tightening up so much. Plus, these easy stretches really helped me to loose my shoulder and neck muscles at one point in time when even my chiropractor was having trouble adjusting my neck and back because of the muscle tightness.



This is what I do every day that I'm on a computer: About once every hour or hour-and-a-half while on your computer (or doing crafts or other activities where you are hunched over), raise your arms straight over your head. Just press gently towards the ceiling until you feel it start to tug a little. Don't press too hard or your muscles will actually tighten more. Gently move your arms (along with your shoulder blades) slightly back – I've felt this open some of the spinal misalignments I had accumulated. Move arms down to your sides and gently press both arms (out to the sides) away from your body as far as they will go.

Shoulder shrugs and arm circles are fine at this point, but this is the main shoulder stretch that I do. I even have reminders set up in my work calendar to remind me every so often to take a minute and stretch. They may not take long to do, but they sure help keep muscles less tense.

About The Author

Marie Rice is the founder and editor of PartOfTheWhole.com - wellness for body, mind, and spirit. She enjoys helping others reach their goals. When she's not online, Marie's spending time with her family, gardening, doing crafts, or **most likely** – reading a book!