



SHOULDER ROLLS



Raise shoulders up towards ears

Roll them back and downwards

TRUNK ROTATION



Twist your body and look to the right

Twist your body and look to the left

HANDS BEHIND BACK STRETCH



Grasp hands behind back

Pull hands together and squeeze

SHOULDER BLADE SQUEEZE



Hold arms in front with palms facing together

Pull shoulder blades back, taking hands away

SHOULDER ELEVATION



Start with thumb up, hand by your hip

Slowly lift arm up overhead on a 45deg

SHOULDER ROLLS POST TASK



Raise shoulders up towards ears

Roll them back and downwards

