
Shoulder Shrug Exercise

To start, sit in a chair with your feet flat on the floor. Shift your weight slightly forward so you don't round your back. Relax. Keep your ears, shoulders, and hips aligned:

- Raise both of your shoulders as high as you can, as if you were trying to touch them to your ears. Keep your head and neck still and relaxed.
- Hold for a count of 5. Release.
- Repeat 10 times.



Note

For your safety, check with your healthcare provider before starting an exercise program.