

Shoulder Clock Work

Position: Lie on your side, knees bent at approximately 90°.

Sensory-Motor Component:

Bring your awareness to your top shoulder and allow it to be in a relaxed neutral position. Think of the center of your shoulder as the center of a clock face. The numbers of the clock represent the different positions:

12:00 is up towards ear

3:00 is forward to the chest

6:00 is down towards the hip

Slowly move shoulder *up* towards 12 o'clock on the clock face making sure to stay within your comfort and then back to neutral and relaxed. Repeat several times.

Slowly move shoulder *down* towards 6 o'clock and then back to neutral and relaxed. Repeat several times.

9:00 is back between the shoulder blades

Slowly move shoulder back towards 9 o'clock and then back to neutral and relaxed. Repeat several times.

Repeat going counter clockwise.

As you are moving your shoulder notice how smooth the movement is and what the quality of the movement is like. When finishing the movement roll onto your back and sense the differences in your shoulders, chest and neck.

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