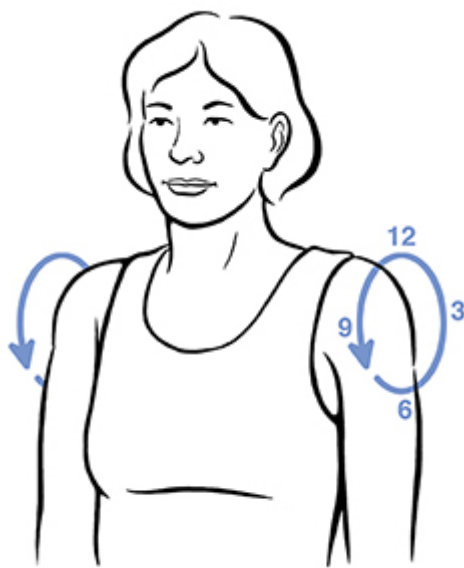


Shoulder Clock Exercise



To start, stand tall with your ears, shoulders, and hips in line. Your feet should be slightly apart, positioned just under your hips. Focus your eyes directly in front of you. Stand in this position for a few seconds before starting your exercise. This helps increase your awareness of proper posture. Continue with a relaxed breathing rate.

- Imagine that your right shoulder is the center of a clock. With the outer point of your shoulder, roll it around to slowly trace the outer edge of the clock.
- Move clockwise first, then counterclockwise.
- Repeat 3 to 5 times. Switch shoulders.



Note: Follow any special instructions you are given. If you feel pain, stop the exercise. If the pain continues after stopping, call your healthcare provider.

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