

Healthy Shoulders at Home

The shoulder joint is one of the most mobile joints in the body. This mobility allows your arms to reach in every direction, but also makes the joint very prone to injury. Spending long periods of time in static positions (such as hunched over a keyboard) is particularly problematic for shoulders as it can create imbalances in the tissues which support the joint. These imbalances can lead to impingements, which can cause inflammation and pain. Here are some exercises you can complete at home to help create and maintain healthy shoulders.

1. [Chest Stretches](#) – For most individuals, tight chest muscles prevent proper biomechanics when performing shoulder exercises. Perform chest stretches prior to working your shoulders to help enable proper alignment.
2. [Wall Angels](#) – Do your wall angels after you stretch your chest. Wall angels stretch your chest further, but also strengthen your back muscles, pulling your shoulders into correct alignment.
3. [Down Dog](#) – Downward dog pose (and its variations) is great for building shoulder strength and stability. The technique in down dog is very important, and this article does an excellent job of explaining the anatomy of the shoulder muscles and how to do a safe, effective down dog. Remember, elbow pits forward.
4. [Towel Front Raise](#) – This exercise uses oppositional force from your opposite hand as resistance. You can do a wide variety of shoulder exercises in this manner.
5. [Towel Shoulder Press](#) – Like the front raise, this exercise uses your opposite arm as resistance. This can be highly effective.



1 The Bow and Arrow towel exercise - one arm pulls, while the other resists