

Scalene/Supraspinatus Release with Therapy Ball or Travel Roller

Here you will see the exercise completed with a therapy ball (pic 1, part A & B) and with a travel roller (pic 2). Both are a great tools used to release muscle tightness, correct muscle imbalances and improve posture. Remember, release muscles and don't spend much time on joints or bony areas.

Picture 2 *a variation of pic 1

- Place the travel roller up against the wall at shoulder height. Lean in so that the top of your shoulder is against the roller. Initially this can be tricky but much like riding a bike once you get it, you've got it!
- To release simply find a tender spot and bend your knees. Roll back and forth for 10-15 seconds. Then find another.
- Travel rollers are covered with a yoga mat which makes them sticky and easy to control on the wall. Traditional foam rollers will be too slippery for this exercise.



Pic 1 Part A



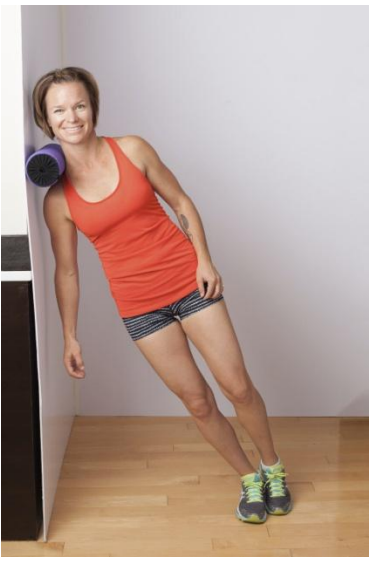
Pic 1 Part B

Picture 1 Part A

- Stand facing a solid door frame or a nook in a wall.
- Place the therapy ball waist height.

Picture 1 Part B

- Hinge at your hips and lean the front/top part of your shoulder into the ball. Keep a flat back and knees bent. Roll slowly.
- When you reach a tender spot, bend your knees and work it out for 10-15 seconds. Then release and move the ball to a new spot. You should find 3 main spots.
- To add variety you can also try gently moving your head or hanging arm around to help release.
- If you need more pressure, move your feet further away.



Picture 2