



Sidelying Shoulder Release

This technique is a great option to open up the traps, shoulder, upper ribs and ribcage, and cervical spine. The pillow is optional and would increase the cervical stretch if omitted. As always, spend enough time to release all that needs it. I use this technique daily and my clients find that it really helps.

Disclaimer: All of the information provided above is intended for use by a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.

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