

Shoulder Clock Circles

Position— Lie on your side, with your knees in a position as though you were sitting in a chair. Knees and ankles will be together. You can put a large pillow under your head or rest your head on your bottom arm.

Rest your top arm on your waist and hip. Let your arm rest in contact with your body as you make the circles. You want your shoulder muscles to be doing the movement, not the arm muscles.

1. Slowly move your shoulder from a central, relaxed position (the middle of the clock face) to clock points 12, 6, 3, 9 and back to center. Start with moving a small distance in one direction, then try to move exactly the same distance in the other directions. Move slowly and as smoothly as possible.

Clock points:

- 12:00—Shoulder moves up towards ear and slowly back to the starting place.
 - 6:00—Shoulder moves down towards hip and back to center.
 - 3:00—Shoulder moves forward, then back to center.
 - 9:00—Shoulder moves back, then back to center.
2. Take a break often and notice the sensations you feel all around your shoulder as you work. Many people are surprised by what they find. Notice the muscles that are contracting to take your shoulder in the different directions.
 3. Do quarter-circle arcs—for example, go from 12 to 11 to 10 to 9, then back to the center, Try to hit all the clock points with your shoulder movement and remember that these points are evenly spaced. Do the same for the other places in the circle. Go both clockwise and counterclockwise.
 4. Slowly start doing half circles in different directions, or if you don't have a lot of time, start doing a full circle. Make sure you are going through all the clock points with your shoulder and that the circle is truly round.

If there is a place where there is some discomfort or a place that is not really round, move through that area extremely slowly, stopping a few clock points on either side of the spot, then going back over the spot till it's round and (hopefully) pain-free. You can start the circle with a small radius out from the center, then gradually increase the radius as you begin to move more easily.

Make it easy! If you find yourself holding extra tension somewhere in your body, try this: Contract the place that is tight even more to increase your awareness and sensation of it, then gradually release it. Then continue the circles.