

FASCIA TRAINING

EXERCISES FOR SHOULDER / NECK



movement24
Betriebliches Gesundheitsmanagement

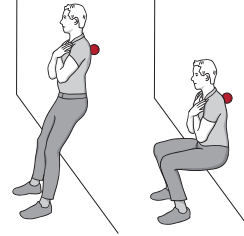
RELAXATION CHEST



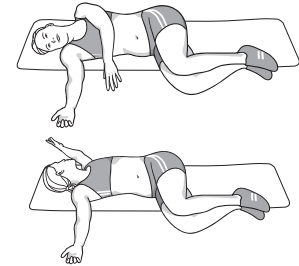
RELAXATION NECK



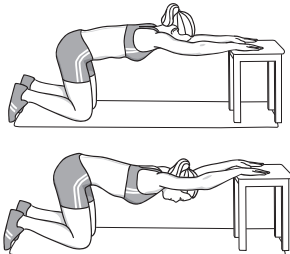
RELAXATION BACK



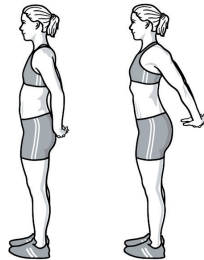
SPINE MOBILIZATION



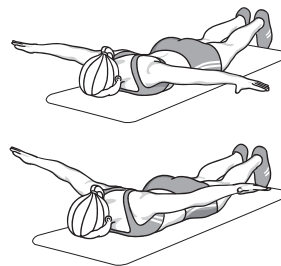
BACK STRETCH



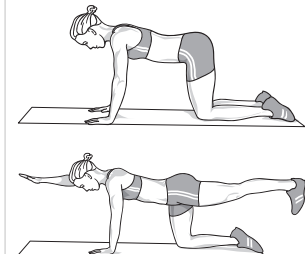
SHOULDER MOBILIZATION



UPPER BACK STRENGTHENING



CORE STRENGTHENING



NOTICE:

Perform exercises with the fascia ball for about 30-60 seconds.

Perform strengthening and mobilization exercises 5-10x.