



## **Shoulder / Shoulder blade**

### **Problem poses:**

- Lifting arms next to ears (Take arms wider than shoulders)
- Chaturanga (Knees down chaturanga or skip it)
- Upward facing dog (Cobra instead of up dog)
- Hands clasped behind back (Strap instead of clasping hands)
- Heart openers in general
- “Carrying angles”

### **Common conditions:**

- Rotator cuff, dislocations, general strain