Rounded shoulders action checklist

Use these steps from the article to work on rounded shoulders safely.

- [ ] Check hand position while standing: thumbs pointing ahead match good shoulder posture.
- [ ] Hold a doorway chest stretch for 30 seconds.
- [ ] Squeeze the shoulder blades together for 10 seconds and repeat 10 times.
- [ ] Complete 10 wall angels with the back against a wall.
- [ ] Set the monitor at eye level and keep both feet flat on the floor.
- [ ] Set a timer for every 10 minutes or so as a posture reminder.
- [ ] Limit the time spent looking down at a phone.
- [ ] Limit a posture corrector to a few hours a day and never wear one to bed.
- [ ] Stop any exercise that causes pain and contact a doctor or physical therapist.
- [ ] See a doctor about shoulder pain that has not improved after 2 weeks.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/how-to-fix-rounded-shoulders/