

Work out your kinks...

Whether the culprit is your daily workout, or your daily work at a computer, pain and stiffness in the shoulder and upper back are common complaints. While a massage is a great way to work out those kinks, we're not always able to get there every time we need to. There is, however, a quick, easy, and affordable way to work on you as part of a daily way to maintain shoulder and back health. All that is needed is a tennis ball! Try this technique (from Fitness magazine) next time you're feeling tense:

Stand with your back against a wall, and position a tennis ball between you and the wall. The ball should be between your left shoulder blade and your spine. As you press back into the wall, slowly bend your knees and roll the ball up and down alongside your spine. Continue for one minute, and then repeat on the right side.