

Sitting Arm Circles with yoga strap gives your arms and shoulders full range of motion while realigning them in the proper position.

Treating musculoskeletal diseases often involves a combination of therapeutic exercises, stretches, and sometimes external supports or props to aid in proper alignment and rehabilitation. The sitting arm circles with a yoga strap is one such exercise that can be beneficial in this regard.

Here's how this exercise can help in treating musculoskeletal diseases:

- **Full Range of Motion:** Musculoskeletal diseases often lead to stiffness and restricted movement in the affected joints and muscles. By performing arm circles with a yoga strap, individuals can gradually improve their range of motion in the shoulders and arms. This helps in reducing stiffness and increasing flexibility, which is crucial for maintaining joint health.
- **Realigning Proper Position:** Musculoskeletal diseases can also cause misalignment of the joints and muscles, leading to poor posture and potential further complications. The use of a yoga strap in arm circles allows individuals to perform the exercise with proper alignment, ensuring that the shoulders and arms move in a controlled and coordinated manner. This helps in realigning the muscles and joints into their correct positions, reducing strain and promoting better posture.
- **Strengthening and Rehabilitation:** In many cases, musculoskeletal diseases result in weakened muscles and compromised stability around the affected joints. Arm circles with a yoga strap provide a gentle yet effective means of strengthening the muscles of the arms, shoulders, and upper back. This not only helps in stabilizing the affected joints but also supports the overall rehabilitation process, promoting better functional mobility and reducing the risk of further injury.
- **Pain Management:** Pain is a common symptom associated with musculoskeletal diseases, and exercises like arm circles with a yoga strap can help alleviate pain by improving circulation, releasing tension in the muscles, and promoting the release of endorphins, which are natural pain-relieving chemicals produced by the body during exercise.

In summary, the sitting arm circles with a yoga strap can be a valuable component of a comprehensive treatment plan for musculoskeletal diseases. By improving range of motion, realigning proper position, strengthening muscles, and managing

pain, this exercise helps individuals regain function and mobility while reducing the impact of their condition on daily activities.