

Sitting Elbow Curls with yoga block exercise gives you full range of motion, helping realign the shoulders and spine in its proper position.

Sitting Elbow Curls with a yoga block exercise can be beneficial for treating musculoskeletal diseases such as shoulder and spine issues. Here's how:

- **Full Range of Motion (ROM):** This exercise allows for a full range of motion of the shoulders, which can help improve flexibility and mobility in individuals with musculoskeletal diseases. Conditions like frozen shoulder or shoulder impingement often limit ROM, leading to stiffness and discomfort. By performing Sitting Elbow Curls, you're actively engaging the shoulder joint through its complete range of motion, which can help alleviate stiffness and improve joint function.
- **Shoulder Realignment:** Musculoskeletal diseases can sometimes result in misalignment of the shoulder joint, leading to poor posture and potential further complications. Sitting Elbow Curls with a yoga block can aid in realigning the shoulders by engaging the muscles around the shoulder girdle and promoting proper positioning of the joint. This can help reduce strain on the surrounding muscles and ligaments, potentially alleviating pain and discomfort associated with musculoskeletal issues.
- **Spinal Alignment:** The exercise also involves sitting, which requires proper spinal alignment for stability and support. As you perform the curls, you engage the muscles along the spine, promoting better posture and alignment. This is crucial for individuals with musculoskeletal diseases affecting the spine, such as scoliosis or degenerative disc disease. By strengthening the muscles supporting the spine and encouraging proper alignment, Sitting Elbow Curls can help alleviate strain on the spine and reduce associated symptoms.
- **Muscle Strengthening:** In addition to improving flexibility and alignment, this exercise also helps strengthen the muscles surrounding the shoulders and spine. Strengthening these muscles is essential for providing support to the joints and reducing the risk of injury or further complications. By regularly performing Sitting Elbow Curls with a yoga block, individuals can build strength in these areas, which can be particularly beneficial for managing musculoskeletal diseases.

Overall, Sitting Elbow Curls with a yoga block can play a valuable role in the treatment of musculoskeletal diseases by promoting flexibility, alignment, and

strength in the shoulders and spine.