

Sitting elbow squeezes with a yoga block can be a beneficial exercise for improving several aspects of upper body function, including shoulder mobility, posture, and strength. Here's how this exercise can help:

1. **Shoulder Mobility:** This exercise involves squeezing a yoga block between your elbows while seated, which requires you to engage the muscles of your shoulders and upper back. The movement helps in promoting shoulder mobility by stretching and activating the muscles responsible for shoulder abduction and adduction (moving the arms away from and towards the body, respectively).
2. **Posture Improvement:** Squeezing the yoga block between your elbows encourages proper alignment of the shoulders and upper back. By engaging the muscles that support good posture and opening up the chest, this exercise can help counteract the effects of slouching or rounding of the shoulders that often occur due to poor posture or prolonged sitting.
3. **Shoulder Stability:** As you squeeze the yoga block between your elbows, you engage the muscles around the shoulder joint, including the deltoids, rotator cuff muscles, and scapular stabilizers. Strengthening these muscles helps in improving shoulder stability, which is essential for performing various upper body movements and activities without the risk of injury.
4. **Enhanced Breathing:** Maintaining proper posture and engaging the muscles around the shoulders and chest can also facilitate better breathing mechanics. By opening up the chest and allowing for fuller, more efficient breaths, this exercise can contribute to overall respiratory function and oxygenation of the body.
5. **Mind-Body Connection:** Like many yoga-based exercises, sitting elbow squeezes with a yoga block encourage mindfulness and body awareness. Focusing on the sensation of squeezing the block between your elbows, as well as maintaining steady breathing and alignment, can help cultivate a greater connection between the mind and body, promoting relaxation and stress reduction.
6. **Injury Prevention and Rehabilitation:** This exercise can be particularly beneficial for individuals recovering from shoulder injuries or surgeries, as well as those prone to shoulder pain or discomfort. The controlled movement and gentle resistance provided by the yoga block can aid in rehabilitating the shoulders, improving range of motion, and strengthening the surrounding

muscles while minimizing the risk of further injury.

Overall, incorporating sitting elbow squeezes with a yoga block into your regular routine can help improve shoulder mobility, stability, and posture, leading to better overall upper body function and reduced risk of shoulder-related problems.