

## **Shoulder Pain Dos and Don'ts (if you want the pain to stop for good)**

### *Shoulder Dos*

Whenever possible keep your elbows into your sides when lifting or carrying objects.

Keep loads as close to your body as possible when lifting or carrying.

When using a bag with a carrying strap alternate shoulders frequently or use solely on your nonpainful shoulder.

If able to withstand the embarrassment, use a fanny pack.

Take frequent breaks from any activity that is repetitive.

When vacuum or sweeping try moving your entire body and feet along with the vacuum or broom. Do not just move your arms and shoulders.

Always practice good posture.

Correctly arrange your workstation to reduce stress on your shoulders.

Pay close attention to your head, neck, and shoulder posture throughout the day.

Alternate arms when you carry a suitcase, a purse, or a briefcase.

### *Shoulder Don'ts*

Do not place too much weight through your arms when eating, sitting at your desk (workstation), or when lying on stomach to read.

Put your shoulder in an awkward position like reaching into the back seat.

Perform Repetitive overhead activities such as painting or pruning a tree.

Repetitive activities with the arm level but with your upper back in poor posture. Examples writing on a white board or smart board, painting, or driving a car.

Do not partake in forceful pulling. Examples include pulling a weed out of the ground, lifting a suitcase, or pulling on the starter cord for a lawn mower.

Wear a bra with the bra strap too far out on the shoulder. This causes increased stress on shoulder blade- possibly depressing it. Obtain bra whose straps are closer to the neck.

Do not put your body in poor posture while using your arms- including using computer, eating, or knitting. See video- [How to Stop Shoulder Pain at a Computer WorkStation](#)

Do not sleep in poor positions. See video- [How to Stop Shoulder Pain in Bed \(Sleeping Postures\)](#)

Do not participate in repetitive overhead sports activities with a sore shoulder. Swimming, tennis, baseball pitcher, lifting weights overhead etc.

Do not lift excessively heavy loads.

Do not work for more than 15-20 minutes without a rest at a task which is stressful for your shoulders.

Do not prop yourself up on your arms while reading or watching T.V.

Gradually build up to performing activities involving your shoulders which are new to you. Train to participate.