

## 7 Tips to Stop Shoulder Pain While Lifting, Pushing, Pulling, and Carrying Objects.

When you have a painful shoulder, you want to avoid certain activities and perform others with the correct form:

1. Avoid putting your shoulder in an awkward position and end-range positions like reaching into the back seat or throwing a ball.



2. Avoid overhead lifting and repetitive or prolonged overhead activities such as painting or pruning a tree.



3. Avoid forceful pulling. Examples include pulling a weed out of the ground, lifting a suitcase, or pulling on the starter cord for a lawn mower.



4. Maintain good posture with any activities that involve raising shoulder and arm (especially above level). Examples: working at a desk, writing on a white board or smart board, painting, or driving a car.



5. Keep your arms and hands as close to the body as able when lifting, pushing, pulling, carrying, or working with objects. The shoulder is at greater risk for injury when the arm is furthest away from the body. The muscles in the shoulder are short in length. They must generate a lot of force to lift the “long lever” of your arm. General rule of thumb. We recommend keeping your elbows in to your side.



Avoid this. Keep elbows in your side

6. Overall, avoid any movement, activity, or position that increases your pain.
7. If forced to do any activity that increases your pain (lifting, pulling, pushing, carrying, or working overhead) stop every few minutes and extend and stretch the shoulder behind you, using the opposite arm to help.

