

Why Your Shoulder Blades Are Causing Your Shoulder Pain?

Recall the most common reason your shoulder is painful- something is out of place. The shoulder blade can be out of place which causes the shoulder joint to not work properly. Which can lead to shoulder pain.

Why the shoulder blade is so important

1. All four rotator cuff muscles start on the shoulder blade and eventually attach to your upper arm bone.
2. If the shoulder blade is out of position, working poorly, or misshapen it can cause shoulder impingement (which can lead to bursitis, tendonitis, rotator cuff tears, and PAIN). The shoulder blade is the foundation of the shoulder complex.

Poor posture can cause your shoulder blades to be out of position and work poorly.

Try this simple demonstration:

Stand up and slouch forward with your back. With your back in the slouched position raise both arms up as high as possible. In this position the shoulder blades cannot move normally. Make note of how high they go.



Now straighten up your back and again raise both arms. This time the arms should flex much higher.



Repeat the same test in the seated position. Sit in a slouched position and raise your arms. Again, the shoulder blades cannot work well.



Compare to sitting with good posture.

Second test:

Stand up straight with your arms hanging at your side.



Palms that face back.

Do your palms face toward your each other or do they face back?



Palms that face toward each other.

If they face toward your body this is generally good. If they face backwards this may indicate your pectoralis muscles or latissimus dorsi muscles are too tight, or your shoulder blade is out of place (or both).

See video [FIX Shoulder Pain Permanently: 2 Simple Exercises](#). This video will provide correction exercises for these two problems.