

Shoulder Pain? 12 Signs You Need to See a Doctor Immediately.

1. You have neck or upper back pain along with the shoulder pain.
2. You recently have experienced a traumatic event to the shoulder- fall, motor vehicle accident, athletic injury
3. You have pain that extends down your arm past the elbow. The pain may be accompanied by numbness, burning, or tingling.
4. You have an inability to move the arm or joint.
5. You have signs of an infection: swelling, skin of shoulder is warm/hot to touch, shoulder is red/inflamed, extreme pain is felt.
6. You are feeling unwell in association with the shoulder pain.
7. You have a previous history of cancer or a tumor.
8. You have chest pain and/or a history of cardiac or heart problems.
9. You have nighttime pain that is impeding your sleep.
10. You have swelling, bruising, or discoloration of your shoulder.
11. You have had shoulder surgery in the past 6-12 months.
12. You have a history of dislocating your shoulder.

This program (like all Bob and Brad programs) is a work in progress. We will be continually trying to improve the program to make it more helpful to you.

We have three goals with all our programs:

1. Easy to understand.
2. Easy to perform
3. Effective

So here we go.

To lessen or eliminate your shoulder pain you need to address 3 areas:

1. Shoulder Position.
2. Pain-Makers
3. Movement/Exercises.