

## Shoulder pain with lifting weights or resistance training. 10 Guidelines.

There are two main issues to consider with shoulder pain and lifting weights or resistance training. The first issue is the exercise itself. Is it generally safe for shoulders? What is the risk/reward in performing the exercise?

The second is your technique in doing the exercise. Do you understand how to correctly do the exercise? And just as important is your body able to get into the appropriate position to perform the exercise correctly?

*10 guidelines for lifting weights with shoulder pain.*

1. Avoid machines for chest presses. A fixed position on a machine may force your shoulders and arms into positions they do not want to go. A bar is better. Dumbbells may be better (allow each arm to move freely of the other.) Exercise bands also work fantastic to keep arms moving freely with less chance of injury. Movements should be slow and controlled.
2. Cut movement short for lowering chest presses to prevent extension of the shoulders.



Lowering all the way to chest increases stress on shoulders



Do half chest presses until shoulder pain is gone.

3. Avoid abducting shoulders with bench press which puts shoulders at increased risk for impingement. Use dumbbells instead and put arms at more of a diagonal (closer to body).



Incorrect (elbows out) Correct (elbows in)

4. Avoid shoulder presses. Especially behind the neck. Some shoulder presses are acceptable, but most people have poor form and put their shoulders at risk.



5. Avoid abduction on pushups. Keep arms at diagonal and closer together.



Avoid arms and elbows out



Elbows in or at a diagonal.

6. Perform shoulder raises to 90 degrees only.



7. Perform shoulder raises in scaption. Arms slightly away from your side before lifting. The arm is more in line with the “socket” of the shoulder.



8. Shoulder raises with less weight. The shoulder muscles are relatively small with long lever arms to move.



9. Strengthen the posture muscles affecting the shoulders.

10. Outright avoid these exercises when you have shoulder pain:

- A. Chest Flies



- B. Behind the neck pulldowns

- C. Upright rows



- D. Behind the neck press-ups

## E. Bench Dips

