

Solutions for Shoulder Pain with Overhead Work or Activities (Repetitive) i.e. Painter, Mechanic, Hairdresser, etc.

When you are involved in an activity or an occupation that involves repetitive overhead motion like a painter, sheet rocker, construction worker, mechanic, electrician, teacher (on whiteboard), hairdresser, pruner, or welder, try these things:

1. Raise your body up if possible or lower working surface (i.e using a ladder to prune a hedge, drill into a wall, or use a nail gun. Do hair care from raised surface or lower chair of client.



2. Take 30 second break every 2 minutes if in cramped area with no positional relief. Stretch shoulders into extension or hang by arms (if available).



3. Try to adopt position of elbows by the sides whenever possible.



Avoid this



Keep elbows by sides

4. Avoid a large increase in time spent in an activity with raised arms. For example, avoid taking on a weekend project of painting overhead for several hours in a row. Break it up into manageable time frames.



5. Avoid using ineffective or inappropriate tools or equipment. Examples: a dull shear for pruning, or a lack of a ladder or step stool for painting.



6. If given the choice, avoid working in cramped spaces that place your shoulders in uncomfortable positions.