

FIX Shoulder Pain Permanently: 2 Critical Exercises

The first step you must take to stop shoulder pain is to correct your posture. Believe us when we say this. For MOST shoulder pain patients' posture is a major contributor to their pain. For MANY patients, poor posture may be the main contributor to their pain. Recall the most common reason your shoulder is painful- something is out of place. Quite often the shoulder blade can be out of place which causes the shoulder joint to not work properly. Which can lead to shoulder pain.

Posture Exercises:

To improve your posture, we recommend two different approaches. If able, you should do both. The first approach is to perform ONE very brief correction exercises throughout the day. This one exercise will help you do the following:

- Strengthen your proper postural muscles
- Stretch appropriate muscles and ligaments.
- Serve as a frequent reminder to correct your posture.

There are hundreds of exercises we could teach you to correct your posture. However, that is not practical. So, we are going to give you two.

I am going to give you one exercise to do throughout the day. This exercise will start to strengthen posture muscles. It will also stretch commonly tight muscles. But it will also be a frequent reminder to check and correct your posture.

Posture exercise (done 6-8x spread out through the day). Start with arms in W position or with hands on back of neck.



Brings elbows back and squeeze shoulder blades together WHILE performing chin tuck with head and neck. Continue this exercise every day. May do wall angels instead as a substitute.

Second posture exercise one once a day for 5 minutes for posture improvement.

Use of tennis ball on floor or wall (multiple layers of socks) versus Lacrosse ball in sock on wall. Roll on ball or just lie on it. Ball is placed in gap between shoulder blade and spine at three different spots on each side of the spine.

