

Shoulder Exercise

1. Make circles with your better arm

- Make six circles forward, then six circles backward. This should cause no pain. Make the circles small enough that it does not hurt.
- Only if you can easily raise your arm to horizontal, go on to part 2.

2. Rotate the same arm under pressure

- With your elbow locked straight, press your hand against a wall a shoulder height and lean a bit of body weight into the wall.
- Without bending the arm or releasing any pressure, turn your body (with little “baby steps”.) Turn your chest gradually toward the arm until tension in the shoulder joint stops you. No pain. No forcing.
- Immediately begin shuffling around the other way, turning your chest out into the room, again until mild shoulder tension stops you.
- If this position is fairly comfortable, if you can open your chest up so the arm goes past 180 degrees, you may also add the following:
- Bow at the hips and shuffle backwards so your buttocks are nearer the wall. Let this “flip” your shoulder over forward a bit to increase the stretch.
- Repeat inward and outward rotation six times.

3. Repeat #'s 1 and 2 with the more problem arm