

4 EXERCISES TO RELIEVE

SHOULDER PAIN

SENSORY BATH ⁰¹

1. Sit on a comfortable surface where you have easy access to your shoulder
2. Grab a vibrating toothbrush, neuro-wheel, or paintbrush
3. "Brush" your shoulder in long circular movements using your modality of choice
4. Continue for 30 - 60 seconds; 3 times per day



02 SCAPULAR CIRCLES

1. Start standing with your hands by your side
2. Raise your shoulder blade up
3. Bring your shoulder blade forward
4. Drive your shoulder blade down
5. Bring your shoulder blade back
6. Return to starting position
7. Repeat for 8-10 reps, 3 times per day
8. Reverse steps 5-2 (draw circles in the opposite direction) and repeat for 8-10 reps, 3 times per day



ACCESSORY NERVE GLIDE ⁰³

1. Begin by standing tall with your arm behind your back
2. Drive your shoulder blade down towards your hip while keeping your neck straight
3. Tilt your head away from the shoulder you are performing this exercise on
4. Shake your head "no" trying to find the tightest spot of that motion
5. Once you find that tightest spot, hold that neck position as you begin to nod your head "yes"
6. Repeat for 10-15 reps; 3 times per day



04 ROTATOR CUFF ISOMETRICS

1. Begin by finding a wall to push against
2. Bring your elbow to your side and bend it to 90 degrees
3. Place the palm of your hand against the wall and push into the wall as if trying to bring your arm into internal rotation
4. Hold for 6 seconds, repeat for 10 reps
5. Place the back of your hand against the wall and push into the wall as if trying to bring your arm into external rotation
6. Hold for 6 seconds, repeat for 10 reps; repeat 3 times per week

