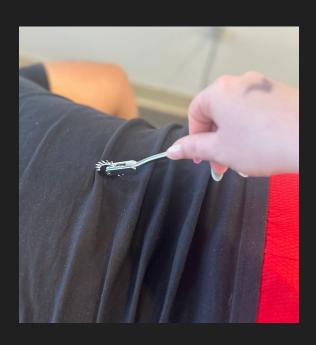
#### 4 EXERCISES TO RELIEVE

# SHOULDER PAIN

### SENSORY BATH OI

- 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



## O2 SCAPULAR CIRCLES

- Start standing with 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





### O4 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