

**Painful Shoulder? Which Exercises Help? Posture? Stretching? Strengthening?
See our Guide.**

The next four videos in our Shoulder Pain video series contain our recommended exercises for shoulder pain.

Exercise Videos 1-4:

- 1. The First Step You MUST Take to Stop Shoulder Pain Permanently. 2 Simple Exercises.**
- 2. Bob & Brad's SHOULDER PAIN Stretching Program**
- 3. How to Strengthen a Painful Shoulder.**
- 4. Will Simple Hanging Help Your Shoulder Pain? Rotator Cuff Injury? Impingement? Tendonitis? Bursitis? Frozen Shoulder?**

It is our recommendation that you start with the exercises in video one of the exercise videos. The two exercises should be done daily throughout your rehab period. Furthermore, we recommend continuing these exercises throughout your lifetime. They should become a part of your daily routine just like brushing your teeth.

The stretching program is outlined in video two of the exercise videos. The exercises should be done throughout the day during the rehab period. After you obtain satisfactory movement and decreased pain in the involved shoulder you may stop the stretches and progress to the strengthening program in video three.

The strengthening exercises in video three need only be done 2x-3x per week. Ideally the strengthening exercises are continued 2x per week for maintenance after recovery.

Shoulder Exercise Schedule. (While Shoulder is Painful)

Sunday

Tennis Ball Posture 1x/day: Found in *The First Step You MUST Take to Stop Shoulder Pain Permanently. 2 Simple Exercises.*

Shoulder Blade Posture (6-8x per day): Found in *The First Step You MUST Take to Stop Shoulder Pain Permanently. 2 Simple Exercises.*

2 Shoulder Pain Stretches (6-8x per day): Found in *Bob & Brad's SHOULDER PAIN Stretching Program*

Monday

Tennis Ball Posture 1x/day

Shoulder Blade Posture (6-8x per day)

2 Shoulder Pain Stretches (6-8x per day)

Tuesday

Tennis Ball Posture 1x/day

Shoulder Blade Posture (6-8x per day)

2 Shoulder Pain Stretches (6-8x per day)

Wednesday

Tennis Ball Posture 1x/day

Shoulder Blade Posture (6-8x per day)

2 Shoulder Pain Stretches (6-8x per day)

Thursday

Tennis Ball Posture 1x/day

Shoulder Blade Posture (6-8x per day)

2 Shoulder Pain Stretches (6-8x per day)

Friday

Tennis Ball Posture 1x/day

Shoulder Blade Posture (6-8x per day)

2 Shoulder Pain Stretches (6-8x per day)

Saturday

Tennis Ball Posture 1x/day

Shoulder Blade Posture (6-8x per day)

2 Shoulder Pain Stretches (6-8x per day)

Shoulder Exercise Schedule. (When Range of Motion has improved or reached a plateau)

Sunday

Tennis Ball Posture 1x/day: Found in *The First Step You MUST Take to Stop Shoulder Pain Permanently. 2 Simple Exercises.*

Shoulder Blade Posture (6-8x per day): Found in *The First Step You MUST Take to Stop Shoulder Pain Permanently. 2 Simple Exercises.*

Strengthening Exercises 1x/day: Found in *How to Strengthen a Painful Shoulder.*

Monday

Tennis Ball Posture 1x/day

Shoulder Blade Posture (6-8x per day)

Tuesday

Tennis Ball Posture 1x/day

Shoulder Blade Posture (6-8x per day)

Strengthening Exercises 1x/day

Wednesday

Tennis Ball Posture 1x/day

Shoulder Blade Posture (6-8x per day)

Thursday

Tennis Ball Posture 1x/day

Shoulder Blade Posture (6-8x per day)

Strengthening Exercises 1x/day

Friday

Tennis Ball Posture 1x/day

Shoulder Blade Posture (6-8x per day)

Saturday

Tennis Ball Posture 1x/day

Shoulder Blade Posture (6-8x per day)

2 Shoulder Pain Stretches (6-8x per day)

Maintenance Shoulder Exercise Program

Sunday

Tennis Ball Posture 1x/day: Found in *Fix Shoulder Pain Permanently. 2 Simple Exercises.*

Shoulder Blade Posture (6-8x per day): Found in *Fix Shoulder Pain Permanently. 2 Critical Exercises.*

Strengthening Exercises 1x/day: Found in *How to Strengthen a Painful Shoulder*

Monday

Tennis Ball Posture 1x/day

Shoulder Blade Posture (6-8x per day)

Tuesday

Tennis Ball Posture 1x/day

Shoulder Blade Posture (6-8x per day)

Wednesday

Tennis Ball Posture 1x/day

Shoulder Blade Posture (6-8x per day)

Thursday

Tennis Ball Posture 1x/day

Shoulder Blade Posture (6-8x per day)

Strengthening Exercises 1x/day

Friday

Tennis Ball Posture 1x/day

Shoulder Blade Posture (6-8x per day)

Saturday

Tennis Ball Posture 1x/day

Shoulder Blade Posture (6-8x per day)

2 Shoulder Pain Stretches (6-8x per day)