

Bob & Brad's SHOULDER PAIN Stretching Program

These exercises should be done in addition to the posture exercises (stretching over tennis ball and W exercise). The posture exercises were shown in the video entitled: **The First Step You MUST Take to Stop Shoulder Pain Permanently. 2 Simple Exercises.** Shoulder strengthening exercises (as outlined in video **How to Strengthen a Painful Shoulder**) can be started later after shoulder pain is gone or nearly under control. Shoulder strengthening exercises need only be done 2x-3x per week and can be done in the place of the stretching exercises after pain is under control.

These exercises are to be repeated up to 10 repetitions (6-8x per day - spread out). Once pain is improved only the posture exercises need to be continued for maintenance.

**** Exercises should not be performed on your shoulder if it is prone to dislocation.**

The exercise should not increase your pain - they should be nearly pain-free. A good sign is if your pain centralizes. That is the pain become more focused or smaller. For example, your pain was travelling down your arm to your elbow. After performing exercises your pain now stays in the shoulder and no longer travels down the arm. This is a good sign. If the exercises cause more pain or causes the pain to travel further down the arm, stop the exercises and use ice and positioning to calm shoulder down.

**** *You will only be doing two stretching exercises (total) at any one time or on any one day.***

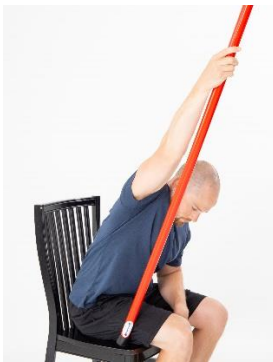
1. Progressive Statue of Liberty. Continue this exercise every day. You may do the hanging program instead of this exercise. See video: **Will Simple Hanging Help Your Shoulder Pain? Rotator Cuff Injury? Impingement? Tendonitis? Bursitis? Frozen Shoulder?** If one performs the hanging exercise, make certain that hanging does not increase your shoulder pain after you are done with a session.

Exercise can be done seated or standing. Use a broomstick, pole, or Booyah Stik and anchor on chair or floor while seated or standing. Slide or walk your

hand (of the painful shoulder) up the pole as far as pain will allow. Should not increase pain.



With the pole anchored on the floor or on your chair, straighten the elbow of the arm and lean the pole forward. Hand should continue to grip the pole and the hand should not slide. While leaning forward the gripping hand should push the pole down as though you are trying to use the pole to pierce the chair or floor. Lean all the way forward (AS LONG AS THE EXERCISE IS PAIN FREE!) If painful, try to not go as far or try lowering your hand a few inches on the pole. Perform up to 10 repetitions.



2. Along with the Posture exercise and the Progressive Statue of Liberty, try shoulder extensions using opposite arm to assist or broomstick or booyah. Exercise can be done seated or standing. Grab front end of pole palm facing out with nonpainful shoulder arm. Grab back end of pole with painful shoulder arm palm facing in. Push with nonpainful arm and extend painful shoulder arm. Exercise should be pain-free. Perform up to 10 repetitions.



As an alternative can also clasp hands together behind back and raise both arms together.

3. Once extensions are comfortable try shoulder internal rotation. You may do this instead of shoulder extensions. Grab top end of pole with nonpainful shoulder arm (palm forward) and place behind your back. Grab lower end of pole with painful shoulder arm (palm out). Using nonpainful shoulder arm slide pole up your back causing the painful shoulder arm to also slide up your back. Exercise should be pain-free. Perform up to 10 repetitions.



4. If internal rotation is comfortable you may try the chicken wing exercise. You may do this exercise instead of shoulder internal rotation. Grab top end of pole with nonpainful shoulder arm (palm forward) and place behind your back. Grab lower end of pole with painful shoulder arm (palm out). Using nonpainful shoulder arm bend the upper pole forward (being careful to miss your head) causing the painful shoulder arm to extend out from the body like a chicken wing. Exercise should be pain-free. Perform up to 10 repetitions.



5. If the chicken wing exercise is comfortable and pain-free (equal to nonpainful side) you may begin supine assisted flexion. May be performed with other arm or with booyah stick. You may do this exercise instead of chicken wing. Lay flat on your back on the floor, or bed. Have both arms grab the pole with palms facing forward or down. Use nonpainful shoulder arm to raise painful shoulder arm up and overhead to the point of pain or stretch. Perform up to 10 repetitions.



At this point you should just be performing the following exercises:

- a. Posture exercises
- b. Progressive Statue of Liberty Exercises (or as an alternative hanging exercises)
- c. Supine assisted flexion exercises.