

YOUR SHOULDER EXERCISE PROGRAM

Follow your chiropractor's recommended exercise program to restore your shoulder's health and keep it working well. The three important goals of exercise are: to keep your shoulder moving to avoid further stiffness and immobility, to build muscle strength and flexibility in order to do everyday tasks safely, and to prevent further shoulder injury from unsafe overuse.

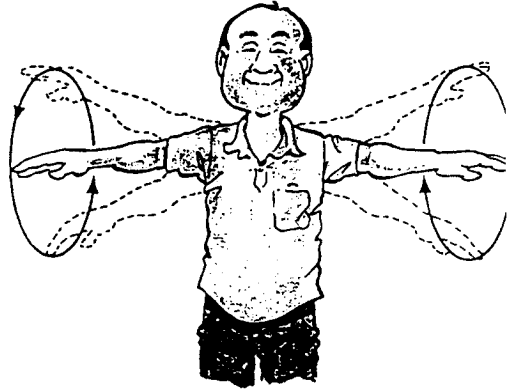
Pendulum and Arm Circles

Goal: to gradually increase your mobility with gentle exercises, keeping within a safe range of motion.

Start with the pendulum. Lean against a table, keeping your back straight. Make ever-widening circles for 90 seconds. Gradually build up to arm circles. Continue for 90 seconds.



Pendulum. Let your affected arm hang free. Gently trace wider circles in each direction.

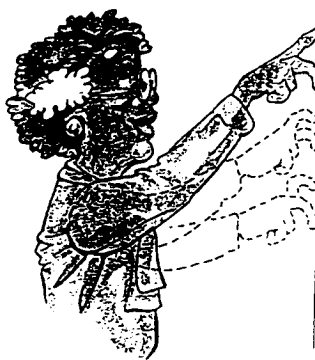


Arm circles. Reaching out, slowly rotate your arms in small circles forwards, then backwards.

Wall Walking

Goal: to gradually extend the range of motion in your shoulder without pain.

Start with your feet about 12 inches from the wall. Keep your shoulders level as you walk your fingers up and down the wall for up to 5 minutes. Next time, start a little closer to the wall and try to "walk" a little higher.



Facing the wall, slowly walk your fingers up as high as pain permits. Keep your shoulders level.



With your side to the wall, walk your fingers slowly up and down, keeping your shoulders level.

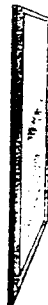
Head Press

Goal: to keep your cervical spine in alignment and prevent compression of the nerve roots.

Look straight ahead into a mirror with your shoulders level. Press your head against your palms, but resist any actual motion. Do each press for 30 seconds.



Resist the **forward** press of your head.



Resist the **backward** press of your head.



Resist the **sideways** press of your head.