

Shoulder exercise to restore and maintain function

Major causes of shoulder pain.

1. Trauma
2. Over and repetitive use
3. Postural

First of all if you have been involved in a trauma or overuse to your shoulder, seek medical care and rehab with a competent practitioner.

If you have shoulder pain that is long standing/chronic and just not getting better and possibly getting worse you might consider what you are doing wrong to yourself and can you stop and reverse a bad habit. There are many different postural bad habits people do to themselves. I will discuss sleep. After all you should be spending 25-35% of your time sleeping

Here are some don'ts:

- 1. Sleep on your stomach.** Two things wrong here. You have to crank your head to one side to breathe which puts unwanted stress on the joints of the cervical spine or neck. It is well documented that stressing your joints will contribute to arthritic changes in the spine. Second you most likely have your arm above your head on the side your head is turned to. This stresses the nerve fibers leaving the spine and crisscrossing above the arm pit causing tingling that will progress to numbness and eventually pain if not discontinued.
- 2. Sleep on your arm.** This could impair circulation in the arm and shoulder and also create pressure on the nerves.

Making changes to your sleeping habits will take at least 90 days. Here is what I advise my patients to do to help facilitate their change.

Dos:

- 1. Lay on your back** with a thin pillow under your knees and breath deep for 3-5 minutes. When on my back I always want a slight bend in my knees, it takes the pressure off of the lower back.
2. When you turn on your side, pull the **pillow between your knees**. And like I said above, this will take you 90 days or so to become a habit for you.

By changing bad postural habits and adding the ex-o-wrist exercise/rehab protocol you should begin to notice **improvement in your shoulder and neck** which is a significant health benefit.