

In General

- If you have pain in the front of your arms, try to only lift objects with your palms towards you or the floor.
- If you have pain in the back of your shoulders, try to only lift objects with your palms towards you or the ceiling.
- Shooting enthusiasts should use a pad to avoid the aggravating rifle recoil.
- Be cautious on stairways to avoid falling & recurrence of muscle overload.

Self-Pressure Treatment

In the seated position, feel around your shoulder for tender points. Once you find a tender point apply pressure to it towards the feather's edge of discomfort. Then, as the discomfort fades increase your pressure to pursue the tenderness. Eventually, the tender point just fades away. Each tender point in this muscle can & should be treated in this way. Perform this release 3 times a day as needed.



Seated Stretch



*In the seated or standing position, reach across your chest with your affected arm. Grasp the elbow of your affected arm with your other hand and continue to pull across your chest. Take a deep breath and feel the stretch in the area of your shoulder. Keep the tension on to the feather's edge of discomfort until the discomfort disappears. Do both sides 3-5 times or until they stretch equally. This stretch should be performed 2-3 times a day, unless otherwise instructed by your physician.*

Stand in a doorway with one leg in front of the other. Place your hands flat at about shoulder level on both sides of the doorway and lean into the doorway (figure A). You should feel the stretch of your chest muscles. Continue to lean into this stretched position for 3-5 deep breaths. On each inhalation you will feel the stretch increase and upon exhalation the stretch will diminish. Try to keep the tension at the same level by leaning further with each exhalation. Next, move your hand placements up the wall to just about over the level of your ears (figure B). Repeat the leaning stretch in this position and upon each exhalation follow the release with a greater stretch. Repeat the leaning stretch in this position and upon each exhalation follow the release with a greater stretch. Cycle through each hand position 3 times & repeat this exercise 2-3 times a day until you no longer feel the tightness in your chest when performing it. Ideally, these exercises can be performed after using a moist heat pack or after a hot/warm bath or shower.

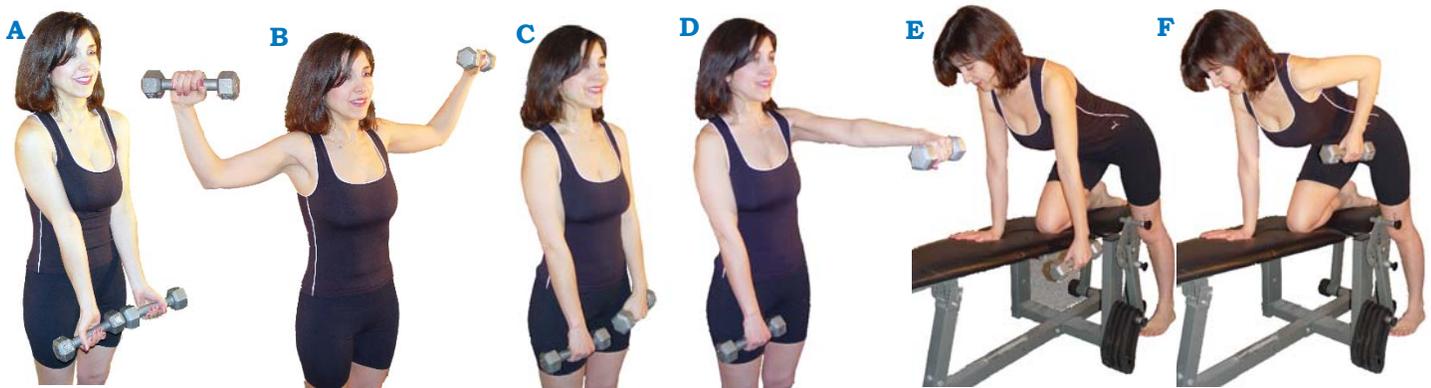
Doorway Stretch for Anterior & Middle Deltoids



To strengthen the middle deltoids stand with your palms out, as shown in figure A, holding not more than 5 lb dumbbells. Abduct your arms and flex at the elbows while inhaling deeply, as shown in figure B. Hold this position for 2 seconds. Then, slowly allow gravity to return you to the starting position as you inhale. Repeat this action for a total of 8-12 times, then take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.

To strengthen the anterior deltoids stand with your palms toward you, as shown in figure C, holding not more than 5 lb dumbbells. Flex your arms while inhaling deeply, as shown in figure D. Hold this position for 2 seconds. Then, allow gravity to slowly return you to the starting position as you inhale. Repeat this action for a total of 8-12 times, then take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.

To strengthen the posterior deltoids kneel on a chair with your hand dangling, as shown in figure E, holding not more than 5 lb dumbbells. Pull with your arm toward your chest and rotate your hand palm forward, as shown in figure F. Hold this position for 2 seconds. Then, allow the machine to return you to the starting position as you inhale. Repeat this action for a total of 8-12 times, then take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.



To strengthen the middle deltoids lay supine, as shown in figure G. Abduct your arms and flex at the elbows while inhaling deeply, as shown in figure H. Hold this position for 2 seconds. Then, allow the machine to return you to the starting position as you inhale. Repeat this action for a total of 8-12 times, then take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.

To strengthen the anterior deltoids sit facing away from the machine, as shown in figure I. Flex your arms while inhaling deeply, as shown in figure J. Hold this position for 2 seconds. Then, allow the machine to return you to the starting position as you inhale. Repeat this action for a total of 8-12 times, then take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.

To strengthen the posterior deltoids sit facing the machine on your knees, as shown in figure K. Pull with your arms and flex at the elbows while inhaling deeply, as shown in figure L. Hold this position for 2 seconds. Then, allow the machine to return you to the starting position as you inhale. Repeat this action for a total of 8-12 times, then take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.

