

With yourself seated in a comfortable position feel around your shoulder. You should be able to identify the bony ridge of your shoulder blade. The supraspinatus muscle is located just above that ridge (figure A). Sometimes applying lotion, massage or baby oil before the examination helps. Feel around the supraspinatus muscle for tender points. Once you find a tender point apply a steady pressure to a tolerable level. The tender point should diminish as the pressure is applied. Each tender point in this muscle can & should be treated in this way. Perform this release 3 times a day.

To further enhance the release of this muscle it can be stretched as the tender points disappear. **However, if there is a suspected tear of this muscle, you should not perform this part of the release.** To further enhance the release grab the opposite side of the seat back upon which you are sitting (figure B). As the tender point disappears you should lean toward the affected side to accentuate the stretch of the muscle.

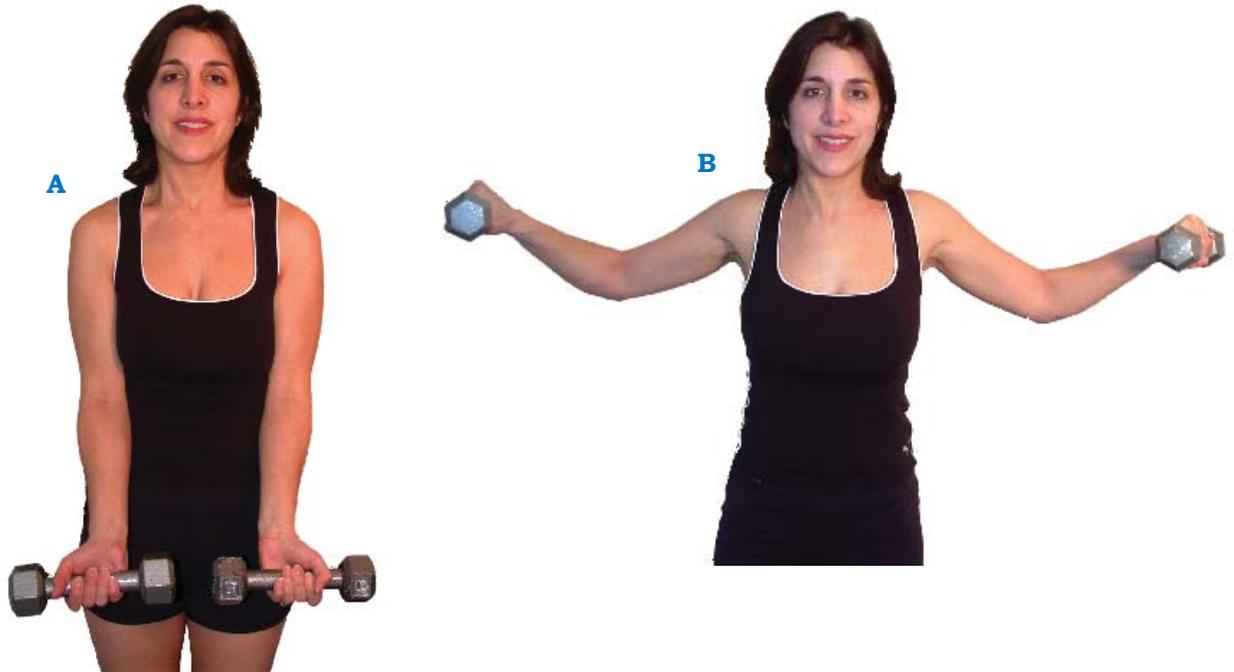


**If there is a suspected tear of this muscle, you should not perform this exercise.**

Start in the seated position; bring your arm across your chest as shown. Using your other hand at your elbow apply a traction stretch across your body to the feather's edge of pain or tension in your shoulder (figure D). Next, draw your elbow into your hand with a contraction of the muscles in your shoulder (you should be aware of the sense of muscle contraction in your shoulder and upper arm). Hold the contraction for 3 breaths. After the 3 breaths relax your contraction and allow your other hand to gently accentuate bringing your affected arm across your chest. Repeat this 3-5 times or until there is no further relaxation after muscle contraction.



- Do not carry heavy bags on the affected side or light bags for prolonged periods
- Avoid activities that involve throwing motions
  - Serving in tennis
  - Throwing a baseball or football
- Avoid strengthening exercises until free of pain
- Avoid overhead work as with painting until free of pain
- Strengthen the supraspinatus muscle when it is free of pain to avoid a repeat of the injury.



Shoulder abductions with light weights are a great exercise to strengthen and stretch the supraspinatus muscle. Starting in the standing position with not more than 5 lb dumbbells in your hands and with your arms in front of you (figure A) bring your arms into the abducted position (figure B) while completely inhaling. Then slowly lower your arms as you exhale completely. Repeat this action for a total of 8-12 times, take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.

Start by lying flat on your back allowing the machine to pull your shoulders downward in a good stretch (figure C). Then abduct your arms (figure D) while you completely exhale. After abduction slowly allow your arms downward by the weight of the machine as you exhale completely. Repeat this exercise 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.



Also, Train

- Deltoid muscles
- Pectoralis muscles
- Trapezius muscles
- Latissimus Dorsi muscles
- Rotator cuff muscles