



# Shoulder pain exercises

➤ Always remember to breathe!

➤ Stop if you feel pain.

➤ Stretch slowly.



## Shoulder Rolls

Stand tall with good posture. Roll your shoulders backwards, starting with small rolls and getting bigger. Repeat 10 - 20 times.



## Shoulder Shrugs

Stand tall with good posture. Bring your shoulders up to your ears and drop down to good posture. Repeat 10 - 20 times.



## Arms to Sky

Stand tall with good posture. Place your hands on your shoulders. Raise arms to the sky and then bring down to tap shoulders. Repeat 10 times.



## Boxing

Stand tall with good balance and posture, feet shoulder width apart. Box out in front of your body for 15 seconds.



## Across the Body Stretch

Position arm straight across the chest. Place opposite hand on elbow. Push elbow toward chest. Hold stretch for 15 seconds. Repeat with opposite arm. Feel stretch down the side of arm.



## Triceps Stretch

Put one arm overhead, point hand down the back between shoulder blades. Grasp elbow overhead with other hand. Pull elbow back and toward head but do not rest arms on the back of your head. Hold stretch for 15 seconds. Repeat with opposite arm.



## Chest Stretch

Standing tall with legs at shoulder width apart. Clasp arms behind back with palms together. Straighten arms, roll shoulders back, and down. Raise arms away from body, hold stretch for 15 seconds. Feel the stretch across the chest and upper arms.

### IMPORTANT!

Information regarding stretches and exercise on this smart card is of a general nature only. You should consult your physician or other health care professional before attempting any of the stretches or exercises on this smart card or before starting any exercise or fitness program to determine if it is safe or right for you. Stretching and exercise is not without risk of injury and the risk of injury is increased if you or your family have a history of high blood pressure or heart disease; if you smoke; if you have ever experienced chest pain; if you have high cholesterol; if you are overweight or obese; if you have bone or joint problems; or previous injuries or pre-existing conditions or abnormalities. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

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