

EXERCISES FOR SHOULDER PAIN

Three at-home exercises to strengthen your shoulder and reduce pain

DID YOU KNOW...

Shoulder pain often arises from having weakness in the shoulder blade and stiffness in your middle back? By targeting these areas, you can improve your ability to reach, lift, and move your arm.

SHOULDER BLADE RETRACTION

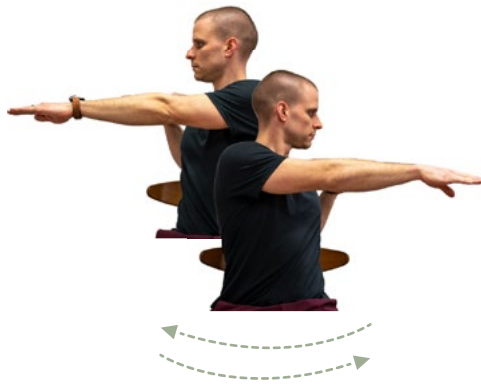
- Stand or sit. Pull shoulders back without shrugging.
- Squeeze shoulder blades together and down.



HOLD FOR	REPEAT	FREQUENCY
5	20	1-2
SECONDS	TIMES	PER-DAY

TURN & PUNCH

- Reach across your body with your right hand and turn to your left.
- Reach across your body with your left hand and turn to your right.
- Alternate side to side.



REPEAT	FREQUENCY
15	1-2
TIMES	PER-DAY

SUPPORTED ROW

- Support yourself on a table or chair while keeping your spine straight.
- Pull the weight up as you squeeze your shoulder blade back.
- Lower down slowly.



HOLD FOR	REPEAT	FREQUENCY
2-3	15	1-2
SECONDS	TIMES	PER-DAY

READY FOR LASTING SHOULDER PAIN RELIEF?

Get industry-leading, one-on-one care from a Physical or Occupational Therapist in one of our 12 convenient locations.

No referral is needed to begin and appointments are covered by insurance.

[Schedule Online](#)

or call (716) 458-1990