Let it Heal
Pain & Detox Clinic

First Shoulder Exercise

Do once every morning. Stand straight and relaxed. With looser arm first, begin to circle your arm as close to 360 degrees as possible. Imagine a giant sundial flat at your side, and let your arm trace around its face, remembering that it extends in back of you as well as in front. Explore the whole range of motion you have just short of any discomfort. Do not push past the edge into pain; it only tightens the muscles and defeats the purpose. So modify the circle as needed, and then move back onto the track of the sundial as soon as you comfortably can. Keep your neck relaxed, and breath. Let your arm drop for a moment between circles so each one is a separate movement. Do 6 circles in one direction, then with the same arm do 6 in the other direction. It doesn't matter which direction is first. Then do 6 circles each direction with the other arm. If you hear grinding in the joint, that is fine -you are breaking up calcification formed while the shoulder was restricted. These circles will literally grind it away until the joint is fully free again.

Second Shoulder Exercises

Do as soon as arm can lift past 90 degrees, once every morning. This exercise is the reverse of the previous one; whereas first you circled your arm around a stationary body, now you will circle your body around a stationary arm. Start on the side of the looser arm first. Stand with this side to the wall or the edge of the door frame. Place your hand at shoulder height, palm flat, fingers pointed up, elbow straight. Now stand just far enough away that you are leaning into the wall with a slight pressure, and keep that angle in your body to maintain that pressure throughout the exercise.

1. Walk in place toward your arm, closing up your body as the back of the shoulder stretches. Hold for a moment. Drop shoulder, relax neck.

2. Walk in place away from your arm, opening up your body as the front of the shoulder stretches. Drop shoulder, relax neck.

Do this series 6 times with this arm, then 6 times with the other arm.