

Does *this* look familiar?

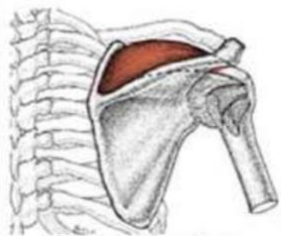


Do you find yourself doing a lot of over-head, repetitive work? Is it becoming challenging to do your work/ chores/ tasks around the house? You may have a repetitive strain injury (RSI), a tear, or some inflammation.

Areas of concern: Rotator cuff/ Shoulder

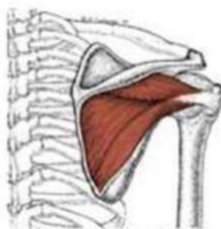
Muscles involved and their function:

Supraspinatus



Internal rotation
and lifting the arm

Infraspinatus



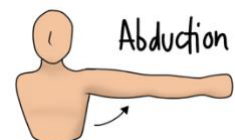
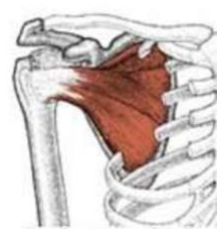
External rotation
of the arm

Teres Minor



External rotation
of the arm

Subscapularis



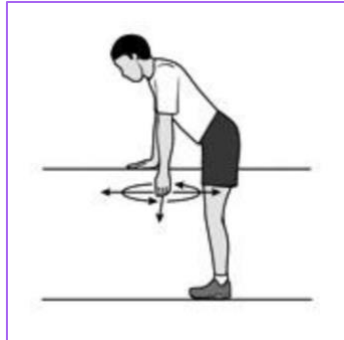
Abduction of the
arm (holding arm
out straight)



How to help/ Improve range:

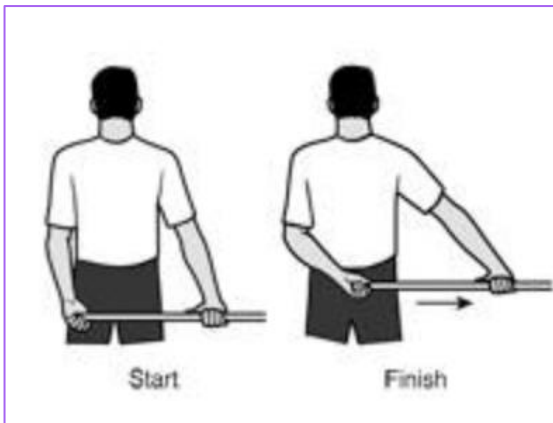
Pendulum:

Support unaffected hand on flat surface, let affected arm hang, slowly draw small circles in multiple directions



Cross-body stretch:

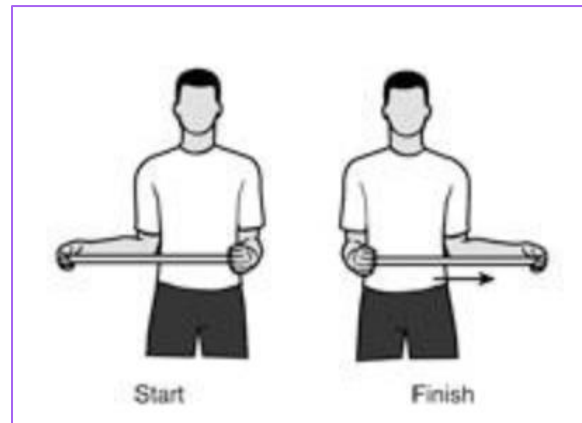
Bring affected shoulder across to opposite side, hold for 15 sec, release and repeat 3x. Keep your shoulder down (level)



Passive stretch:

Using a broom stick or whatever you have that's lightweight, hold end in hand with unaffected arm, and use that hand to gently push affected arm away from body. Affected arm does NO work.

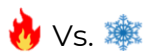
Do: 10 reps, 3 times if able. Rest between



Passive stretch:

Using a broom stick or whatever you have that's lightweight, hold end in hand with unaffected arm, and use that hand to gently push affected arm away from body. Keep elbows touching your side. Affected arm does NO work.

Do: 10 reps, 3 times if able. Rest between



Vs.

NEW discomfort? Cold before heat.
Warm to touch? Cold only.
Had discomfort for a while? Use what feels good to your body.



If ANY of these gentle exercises feel sharp, painful or you're unable to do a few... you should contact your doctor. Imaging might be required.

... and of course...



Book your maintenance massage today



705-795-5449



@healingtouchrmt

