A Simple Exercise (and Tips) for Healthy Shoulders





Before You Start

- Do this movement once a day, or as often as feels good.
- You can do this sitting or lying on your back if standing is difficult.
- If you've had a recent injury or surgery, check with your therapist first.
- Always move within a pain-free range and don't push it past the point of comfort.

Shoulder Reach Exercise

10 to 15 reps, 2 sets:

- Start with your arms bent at your sides.
- Turn your palms to face up, as if you're carrying a tray.
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- If it feels good and pain-free, reach all the way overhead.
- **(5)** Lower your arms slowly.

Need Help?

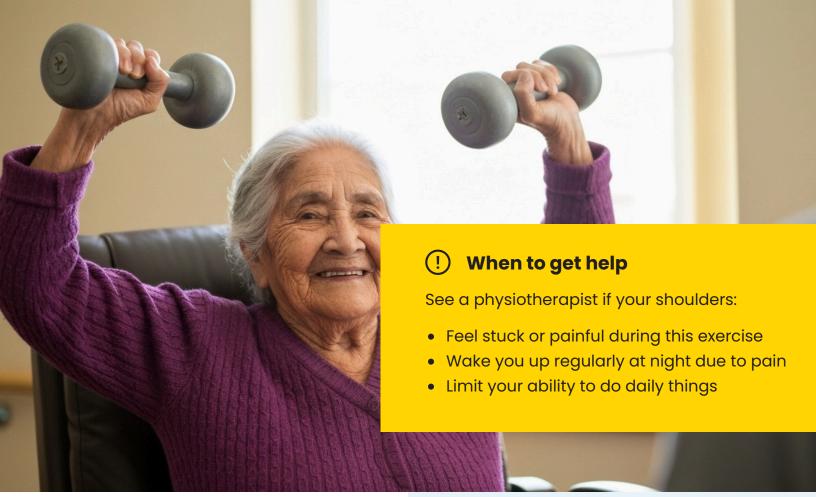
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Pointers

- Keep your shoulders relaxed (no shrugging).
- Let your shoulder blades glide naturally.
- Breathe comfortably no need to hold your breath.
- Move smoothly and steadily, not fast or jerky.
- If you're unable to actively raise one arm, use your other arm to help it lift upwards.

II-II Progressions

Start without weight and slowly build up your range, repetitions, and resistance as your comfort improves.

- **Stage 1:** Elevate to a comfortable range, 10−15 reps × 2 sets, no weight
- Stage 2: Work toward full elevation,
 20-30 continuous reps × 2 sets
- Stage 3: Add light resistance (1–2 lb weight or resistance band), 8–10 reps
 × 2 sets

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How Sleeping Affects Your Shoulders

Waking up with a sore shoulder? That might be caused by pressure on the joint while sleeping.

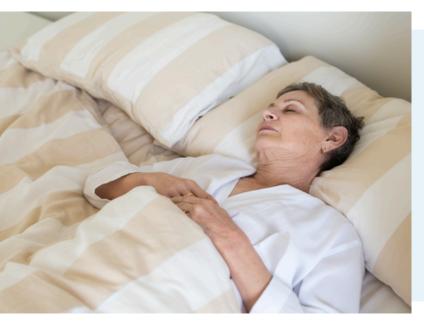


Here's how to support your shoulder for better rest:

Side Sleeper

- Place a small, soft pillow between your waist and underarm to reduce pressure.
- Use a second pillow to support your upper arm, especially if that's the sore side.
- Keep your spine straight, not bent like a hammock.





Back Sleeper

- Use a flat pillow under your shoulders and head, not doubled-up.
- Add a pillow under your elbow or both arms for extra support.
- Place a small pillow under your knees or low back if that feels better.

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