

Shoulder Protocol #1:

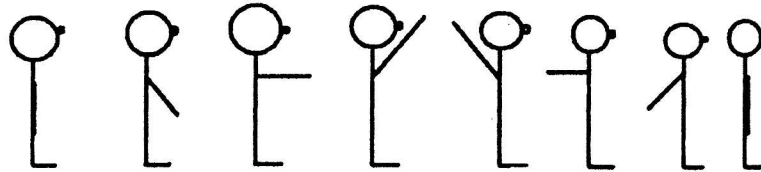
Purpose: To increase mobility and reduce swelling and soften stiffness in shoulder.

Directions: in a standing position, start with the looser arm first. Circle the arm in a slow windmill action, keeping the arm straight. 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.

Then do 6 circles each direction with the other arm.

Note: If you hear or feel grinding /cracking in the joint that is fine. You are breaking up calcifications and adhesions formed while the shoulder was restricted. These circles will grind them away until the joint is fully free again.

No pain is allowed, as we want your brain to remember moving the shoulder without pain, and to reduce swelling. The size and shape of your circles will be determined by your comfortable range of motion.



Shoulder Protocol #2

Purpose: to increase mobility within the joint capsule by rotating the shoulder under slight pressure.

NOTE: To be done only if the arm can be lifted 90° without pain.

Directions: Start on the side of the looser arm first. Stand with this side toward a wall or the edge of a doorframe. 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.

4. Walk in place toward your arm, closing up your body. Keep shoulder and neck relaxed.
5. Walk in place away from your arm, opening up your body. Keep shoulder and neck relaxed.
6. Return to start position.

Move within the comfort range only.

Do this series 6 times with each arm.

