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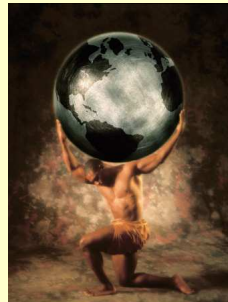
**Are you carrying the “Weight of the World” on your shoulders?**

**Tune Up Tips**



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**Are you carrying the “Weight of the World” on your shoulders?**

### Shoulder Strain Then Pain:

Shoulder pain in men, women or children is frequently caused by muscle strain, tendinitis, arthritis or a condition called frozen shoulder, where the shoulder gets stiff and can't move

freely. The shoulder is a ball-and-socket joint that is held together by muscles, tendons and ligaments that allow the shoulder a wide range of motion but also keep it stable. The central stabilizing force in the shoulder are the four muscles of the rotator cuff. Lifting heavy objects or overdoing it with work, sports or exercise can strain the muscles and cause pain.

Women are more susceptible to shoulder pain and injury, because their shoulders are naturally more lax, or loose, than men. Women with a fuller bust or rounded shoulders due to poor posture, desk work or other occupational demands place the ball-and socket of the shoulder just out of alignment- making them more susceptible to injury. Shoulder pain is also common in athletes young and old who use repetitive arm movements, such as in baseball, tennis, or volleyball.

A common problem for women is frozen shoulder. For some reason, the ligaments that go around the ball-and-socket joint may become inflamed. The pain causes a reduction in use of the shoulder. As a result, the ligaments don't get stretched and the shoulder starts to tighten up.

## Tune Up Tips



### **Internal Shoulder Rotation:**

Keep elbow bent at 90 degrees. Holding light weight, raise hand toward stomach. Slowly return. Repeat 10 times.



### **Shoulder External Rotation:**

Keep elbow bent at 90 degrees at side. Holding light weight, raise hand away from stomach. Slowly return. Repeat 10 times.

See your therapist if needed...

## Free Injury Screening

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