



Shoulder Pain Prevention Guide

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- This guide shows you how to prevent shoulder pain and is perfect for active people who use the shoulders during regular exercise eg. Gym, swimming, surfing etc
- It is purpose built for those with no history of shoulder pain or those who have had shoulder pain previously but currently are non symptomatic

IF YOU CURRENTLY HAVE SHOULDER PAIN YOU SHOULD NOT START THESE EXERCISES BUT INSTEAD SEE ONE OF OUR EXPERT PHYSIOS FOR ADVICE ON APPROPRIATE MANAGEMENT

Self Massage Techniques



Back of Shoulder Massage

Take tension away from the back of the shoulder with this great technique

Continue for 1-2 mins

SEE VIDEO HERE

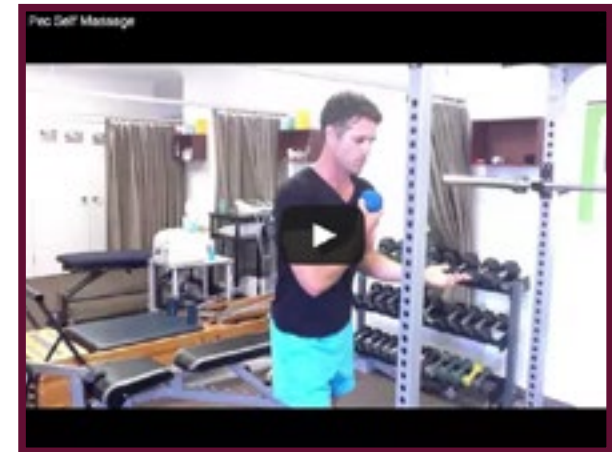


Spinal Massage

Spinal stiffness is a big contributor to shoulder pain try this release technique to reduce spinal tension.

Continue for 1-2 mins

SEE VIDEO HERE



Pec Massage

Your pec muscles create many problems with postural stress on the shoulder.

Try this technique for great release on the pec muscles.

Continue for 1-2 mins.

SEE VIDEO HERE

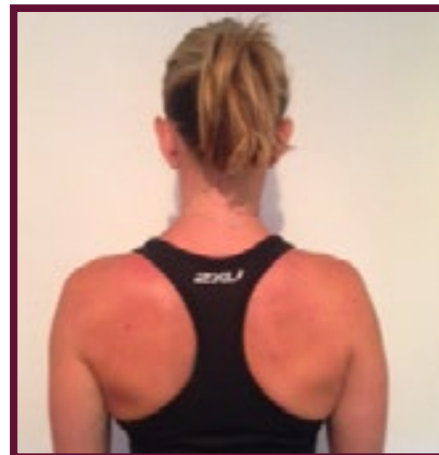
Postural Correction

- You must learn to switch your basic postural muscles on and achieve correct postural alignment in your shoulders
- Try to hold all three positions for the time you are sitting in your chair or standing



Head

Tuck your chin in and sit tall – no poking chins.



Shoulders

Relax your shoulders holding them slightly squeezed together.



Back

Create a slight arch to your lower back by sitting tall and keeping your chest out.

“Get Out of Pain Fast”

Expert Shoulder Pain Appointment

We hope this guide has been super useful for you. Additionally we are offering our “Get out of pain fast” expert shoulder pain appointment.

JUST MENTION THIS EBOOK TO RECIEVE A 10% DISCOUNT
ON THIS EXPERT SESSION

In this expert session you'll:

- get crystal clear about what's causing your shoulder pain, and the sort of relief you can expect to get
- find out the best self management exercises to help keep your shoulder pain away for good
- leave the session with the confidence of knowing exactly what to do to get relief from your shoulder pain
- discover the number one thing that's stopping you from getting relief of your shoulder pain

Just give our friendly reception staff a call on **07) 55787155** to book your appointment
OR email at **admin@physiologic.com.au** for more information.