

10 Tips for Shoulder Pain

1. Pulling Open a Door

Hold your bent arm close to your body and step back.

2. Pushing a Door Open

Hold your bent arms close to your body, step forward.

3. Putting on a Seatbelt

Use your hips to turn your body and bend at the hips to buckle the seat belt.

4. Sleeping

Sleep with a pillow in front of you to hug with your arm.

5. Putting On a Shirt

Put the painful arm in the sleeve first.

6. Taking Off a Shirt

Pull out your pain-free arm first.

7. Reaching Across a Table

Rest arms on table, [hinge at the hips](#) to reach with body and not through your shoulder.

8. Talking on the Phone

Use a headset to avoid elbow, shoulder and neck pain.

9. Daily Movements

Avoid all movements that cause pain!

10. Physical Therapy

See a Physical Therapist for exercises and advice for healing.



the manual touch

PHYSICAL THERAPY

Movement . Function . Life

Want to learn more?
Visit TheManualTouch.com/ShoulderPain