

SHOULDER PAIN RELIEF

Move your shoulder easier.

Gentle moves to keep your shoulder moving, plus reaching, lifting and sleeping tips.

Start here → Read page 2, then work through the sections in order: mobility, stability, movement.

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And the stop rule

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03 **Stability**
Wake up support muscles

04 **Movement**
Put it together

05 **At Home Beyond Stretching**
Everyday strategies

General education only. Not a diagnosis or a treatment plan for you.
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ABOUT THIS GUIDE

Shoulder pain: what to know

Many people have shoulder soreness or stiffness at some point. This guide shares simple, general ways to stay comfortable and moving. It doesn't replace an exam.

WHAT IT CAN FEEL LIKE

- Stiffness lifting your arm or reaching behind you
- Aching at the top or front of the shoulder
- Discomfort lying on that side

WHAT OFTEN HELPS

- Keeping the shoulder gently moving
- Good posture through the upper back
- Keeping loads close to your body
- Supporting the arm with a pillow at night

When to call us

- Pain that isn't easing after a week or two of gentle care
- Pain that keeps coming back
- Stiffness that gets in the way of work, sleep or daily life
- You're not sure which moves are right for you

STOP RULE: READ FIRST

These are general, gentle movements, not a treatment plan for you. If Dr. Fair hasn't examined you, treat them as general education only; if you're a patient, follow what we've discussed. Keep every move small, slow and easy, skip anything you're unsure about, and stop if anything increases your symptoms. **Stop and call us at (209) 521-1122** if pain spreads or travels, numbness or tingling increases, you feel sharp or catching pain, or you notice new swelling or weakness.

Get medical care right away for

- A fall or injury with sudden, severe pain
- You can't put weight on it or move it
- The joint looks deformed, hot, red or very swollen
- Pain with fever, or feeling unwell
- Numbness, tingling or weakness that is new or spreading
- Calf pain or swelling in one leg

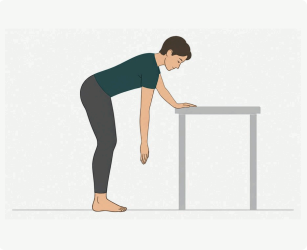
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SECTION 1 · MOBILITY

Loosen up first

Start with gentle mobility moves to ease stiffness. Go slowly, breathe, and stay in a comfortable range.

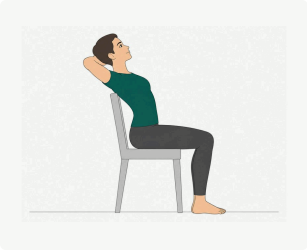
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01 Arm Swings

MOBILITY · SHOULDER · **30 SEC EACH WAY**

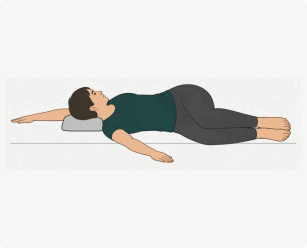
Lean on a table and let your arm hang and swing in small circles.



02 Seated Upper-Back Lift

MOBILITY · MID-BACK · **5 × 3-SEC HOLD**

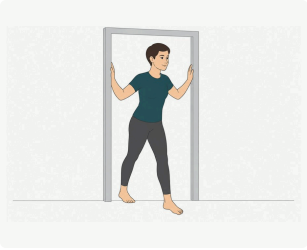
Hands behind your head, sit tall and lift your chest gently.



03 Open Book

MOBILITY · UPPER BACK + RIBS · **6 EACH SIDE**

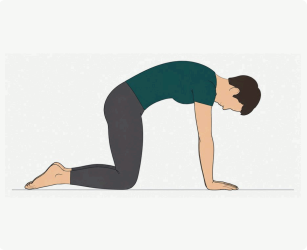
On your side, knees bent. Open your top arm like a book and breathe.



04 Doorway Chest Opener

MOBILITY · CHEST + FRONT OF SHOULDER · **3 × 20 SEC**

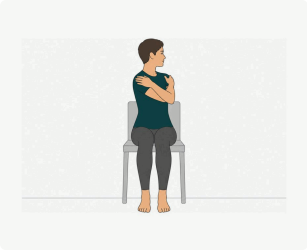
Forearms on the frame, step through until you feel a light stretch.



05 Cat-Cow

MOBILITY · WHOLE SPINE · **8 SLOW REPS**

On hands and knees, gently round your back, then let it sag a little. Small, easy motion.



06 Seated Trunk Turns

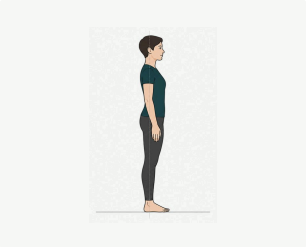
MOBILITY · MID-BACK · **8 EACH WAY**

Arms crossed, turn gently side to side from your mid-back.

SECTION 2 · STABILITY

Wake up your support muscles

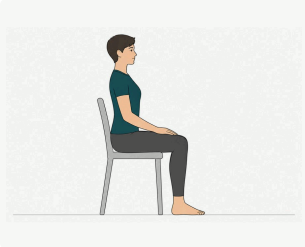
These moves gently switch on the muscles that help hold you steady. Small, controlled and easy.



01 Shoulder Blade Set

STABILITY · MID + LOWER SHOULDER BLADE · **10 × 3-SEC HOLD**

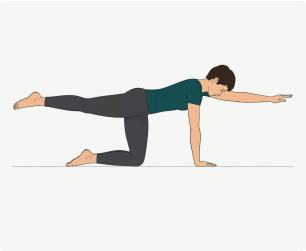
Stand tall and gently draw your shoulder blades back and down, not up.



02 Chin Tuck

STABILITY · DEEP NECK MUSCLES · **5 × 5-SEC HOLD**

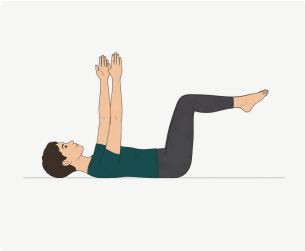
Sit tall. Glide your chin straight back, eyes level, then relax.



03 Bird Dog

STABILITY · CORE + BACK CONTROL · **6 EACH SIDE · 3-SEC HOLD**

On hands and knees, reach one arm forward and the opposite leg back. Keep your back flat and still.



04 Dead Bug

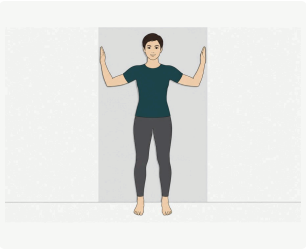
STABILITY · DEEP CORE · **6 EACH SIDE**

On your back, knees and arms up. Slowly lower one heel to tap the floor while your low back stays flat.

SECTION 3 · MOVEMENT

Put it together

Now practice an everyday movement with good control. Quality over quantity.



05 Wall Slides

MOVEMENT · SHOULDER BLADES + ARMS · **10 REPS**

Back to a wall, arms in a goalpost. Slide up only as high as is easy, shoulders down.

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AT HOME BEYOND STRETCHING

Everyday ways to feel better

Simple, practical things you can do at home for your shoulder, beyond the exercises.

HEAT OR COLD

Some people find a warm pack eases stiffness; others prefer a cool pack after activity. Use either for 15–20 minutes with a cloth between it and your skin, and check your skin often. Skip it if the area has reduced feeling.

SLEEP POSITION

Sleep on the other side, or on your back with a pillow under the sore arm. Hugging a pillow can help support it.

REACHING AND LIFTING

Keep loads close. Use a step stool instead of reaching overhead, and store everyday items at waist to chest height.

DESK SETUP

Keep elbows by your sides and the mouse close. Relax your shoulders down, not up by your ears.

Everyday habits

- Keep loads close to your body
- Use a step stool instead of reaching high overhead
- Carry bags in both hands to split the load
- Take breaks from overhead work
- Keep your shoulders relaxed at your desk

Your quick plan

When	What to do
Morning	Get up and move for a few minutes. A few arm swings loosen things up.
Through the day	Change position every 30 minutes. Take a short walk if you can.
Evening	Do the moves on pages 3 and 4 at an easy effort.
Bedtime	Set up your pillows for a comfortable position.
Each week	Notice what helps and what doesn't. Call us if things aren't easing.

QUESTIONS? CALL US

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