Torrance Memorial | An Affiliate of Cedars Sinai

SHOULDER PAIN? What Should You Do?

THE FIRST STEP AFTER INJURING YOUR SHOULDER IS TO CALM DOWN THE PAIN. :

- Studies show using pain medications or anti-inflammatories may help to ease your symptoms, as long as your physician permits you to use them.
- Sometimes a sling may be necessary to unload your shoulder muscles and position your arm in a comfortable position.
- If you are seated, you may be most comfortable with your arm propped up on an arm support, pillows may also help support the arm, as many armrests are too low.
- You may also sleep with a pillow supporting your arm

Keeping the shoulder muscles moving is important. You can start with these stretches, if comfortable:

SUPINE WAND FLEXION

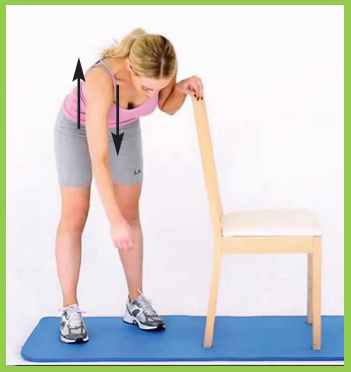
Start on your back, using a cane to stretch shoulder overhead until a comfortable stretch is felt Hold this stretch for 10 seconds, repeat 10 times.

SUPINE WAND EXTERNAL ROTATION

Start on your back, hold a lightweight stick or cane in your hands. Using your non-involved arm to push the involved arm out to the side. Be sure to keep your elbow bent to 90 degrees. Hold this stretch for 10 seconds, repeat 10 times.

SIDELYING EXTERNAL ROTATION

Lie on your side with your elbow bent. Put a rolled towel under your arm. Next, lift your fist towards the ceiling. Hold your shoulder blade down and back. Lower your arm and repeat 10 repetitions, 3 sets.



FORWARD BENT ROWS

Lean on a chair/counter for support. Dangle your arm towards the floor. Pull your shoulder blade and elbow backwards towards your spine, then return to starting position. Repeat 10 repetitions, 3 sets.