

# 9 Tips For Shoulder Pain

1

## Pulling Open A Door

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

2

## Pushing Open A Door

Hold your bent arm close to your body and 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!



## BONUS: Physical Therapy

See a Physical Therapist for exercises and advice for healing.