



Shoulder Mobility Guide

**A self paced flow for you to keep your
shoulders pain-free, mobile, and resilient.**

WHY SHOULDER MOBILITY?

Did you know.... An estimated 30% - 40% of shoulder pain actually comes from the neck? Also, a recent study (1) showed that the thoracic spine can play a role in up to 65% of rotator cuff tears.

Shoulder mobility is crucial for longevity and long-term health due to its impact on overall functional movement and injury prevention. The shoulder joint is highly versatile, allowing for a wide range of motions such as reaching, lifting, and rotating. Adequate shoulder mobility enhances daily activities, promotes independence, and reduces the risk of significant musculoskeletal shoulder issues.

The most common cause of shoulder injuries stem from a lack of mobility, coordination, and stabilization of the shoulder girdle, a rather complex region. This guide is a great place to start to improve health of the shoulders so long as there isn't already injury (which would cause more specific movements recommended depending on the injury).

Maintaining adequate shoulder mobility helps prevent stiffness and tightness in the surrounding muscles and tissues, reducing the likelihood of discomfort and pain. Additionally, proper shoulder mobility contributes to better posture and movement patterns, mitigating the risk of chronic conditions such as neck and back pain.

In the long term, preserving shoulder mobility supports an active lifestyle, allowing individuals to engage in various physical activities and exercise routines. Regular movement also promotes joint health by facilitating proper nourishment of the shoulder structures. The older we get the more difficult it will be to gain back what is lost.

(1) Yamamoto A, Takagishi K, Kobayashi T, Shitara H, Ichinose T, Takasawa E, Shimoyama D, Osawa T. The impact of faulty posture on rotator cuff tears with and without symptoms. J Shoulder Elbow Surg. 2015 Mar;24(3):446-52. doi: 10.1016/j.jse.2014.07.012. Epub 2014 Oct 16. PMID: 25441565.

Shoulder Mobility:

Below is a guide to help improve shoulder mobility and ensuring long term health. Many of these do not have specific repetitions or weight recommended. You may certainly add weight for increased difficulty to all of these. Work through and spend more time on the ones which the body struggles with. If pain is present, further evaluation and movement prescription is highly recommended.

Remember, this is something to learn and mold into a version which works best for you.

Never stop moving.
Always be getting stronger.

Click on the exercise below for a how-to video

- **Dowel Passthroughs**
- **Rocking Shoulder Extension**
- **Shoulder Circles on Bench**
- **Deficit push ups** - can be done from the knees, focus on getting chest low to the floor as this is a stretch more than an exercise
- **Floor Flow** - Focus on full range of motion throughout the flow
- **Shoulder Protraction/ Retraction in Plank One Elbow on Yoga Block** - shoulders remain parallel the entire time focus on scapular movement
- **Dowel Behind The Back Lift Off** - hold for 8 seconds at the top, rest for 4 seconds

The framework of shoulder mobility is to move and load the shoulder in every direction and to challenge it at end ranges. Let this guide be a starting place for your journey but know, this is just the tip of the iceberg. When the above exercises become easy, or if you have difficulty progressing, let's talk about the next steps to ensure longevity, strength, and resilience in your shoulders.

DISCLAIMER

Often, the above tips help to maintain and even improve shoulder health. Each person, however, must be treated as an individual and given treatment specific to his or her goals and injuries. If you read this report and the stretches and exercises cause pain and discomfort or do not provide results, they may simply not be the right ones for YOU.

Without a full and thorough evaluation we can not know for sure if these tips are the ones that will lessen your pain as not all stretches and exercises help EVERYONE.

Here for you always,

Dr. Dann

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