

# MEMORIAL HERMANN SURGICAL HOSPITAL - FIRST COLONY

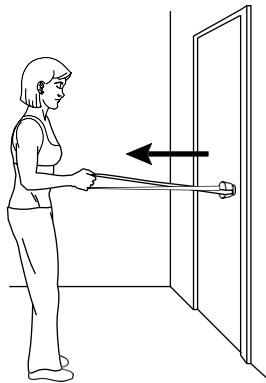
## TAKING CARE OF YOUR SHOULDERS

Often in order to alleviate shoulder pain, an orthopedic surgeon will prescribe a series of exercises, stretches, and posture corrections aimed at strengthening the shoulder muscles. Following are some easy exercises that you can do to strengthen your shoulder muscles and prevent injuries.

### SHOULDER EXERCISES

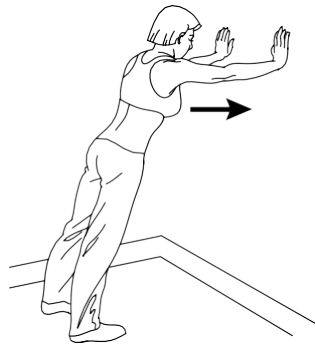
#### Basic shoulder strengthening

Attach elastic tubing to a doorknob at home. Gently pull the elastic tubing toward your body. Hold for a count of five. Repeat five times with each arm. Perform twice a day.



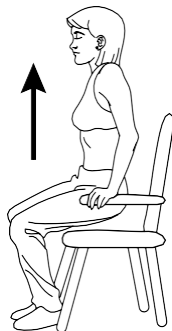
#### Wall push-ups

Stand facing a wall with your hands on the wall and your feet shoulder-width apart. Slowly perform a push-up. Repeat five times. Hold for a count of five. Perform twice a day.



#### Shoulder press-ups

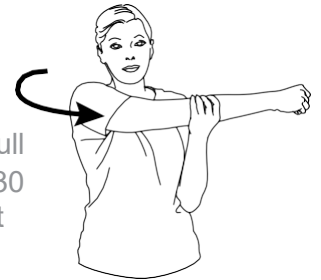
Sit upright in a chair with armrest, with your feet touching the floor. Use your arms to slowly rise off the chair. Hold for a count of five. Repeat five times. Perform twice a day.



### SHOULDER STRETCHES

#### Basic shoulder stretch

In a standing position, bring your arm across your chest while using your other arm to pull it towards your chest. After 15-30 seconds of stretching your first shoulder, switch arms.



#### Palm to palm shoulder stretch

Stand upright, cross your arms in front of your body and join your hands palm to palm. Straighten your arms and roll your shoulders forward. Clasp your hands behind your back, straighten your arms and roll your shoulders backward. Hold 10-30 seconds.



#### Shoulder tricep stretch

Place your arm overhead, bend your elbow and use your other hand to gently pull your elbow toward the center of your body and further behind your head. Hold for 10-30 seconds.



### PROPER POSTURE

Habitual head forward posture may lead to shoulder pain. When sitting, keep your back in a normal, slightly arched position. Make sure your chair supports your lower back. Keep your head and shoulders erect. Make sure your working surface is at the proper height so you don't have to lean forward. Once an hour, if possible, stand, and stretch.

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