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*"treating the cause of your problem, not just the symptoms"*

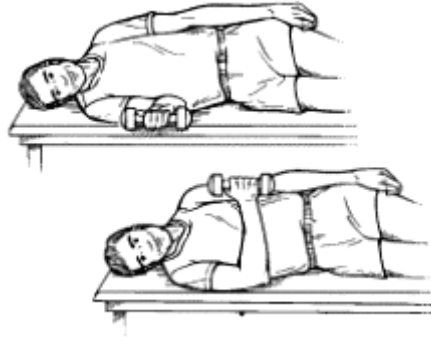
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## Exercises For Your Sore Shoulder

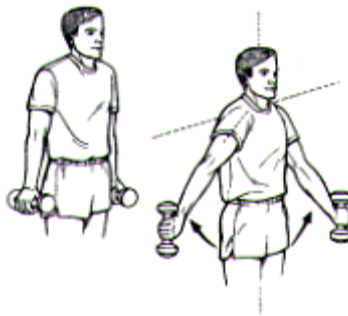
As promised in last week's article, this week we will review how to do a series of simple, yet very important, exercises for the rotator cuff muscles within your shoulder. These exercises should be done whether you currently have pain in your shoulders or not. I would not recommend using any heavier than a two or three pound object as a weight.



Lie on your right side with a rolled-up towel under your right armpit. Stretch your right arm above your head. Keep your left arm at your side with your elbow bent to 90° and the forearm resting against your chest, palm down. Roll your left shoulder out, raising the left forearm until it's level with your shoulder (hint: this is like the backhand swing in tennis). Lower the arm slowly. Repeat the exercise until your shoulder is quite tired. Then do the exercise with your right arm. Repeat the exercise three times for each arm.



Lie on your right side. Keep your left arm along the upper side of your body. Bend your right elbow to 90°. Keep the right forearm resting on the table. Now roll your right shoulder in, raising your right forearm up to your chest (hint: this is like the forehand swing in tennis). Lower the forearm slowly. Repeat the exercise until your arm is tired. Then do the exercise with your left arm. Repeat the exercise three times for each arm.



In a standing position, start with your right arm halfway between the front and side of your body, thumb down (you may need to raise your left arm for balance). Raise your right arm until almost level -about a 45° angle (hint: this is like emptying a can). Don't lift beyond the point of pain. Slowly lower your arm. Repeat the exercise until your arm is tired. Then do the exercise with your left arm. Repeat the exercise three times for each arm.

If you are too sore to do these exercises or you are having trouble figuring out how to do them, see your chiropractor for help. These exercises and much more is available for free on my website –[www.merrittchiro.com](http://www.merrittchiro.com).