

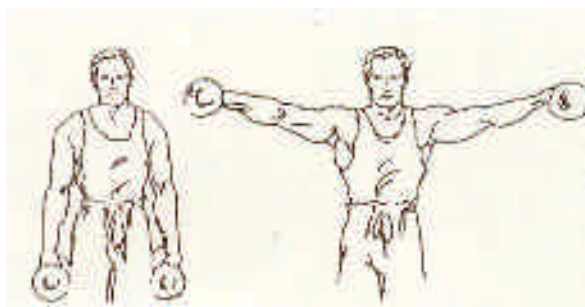
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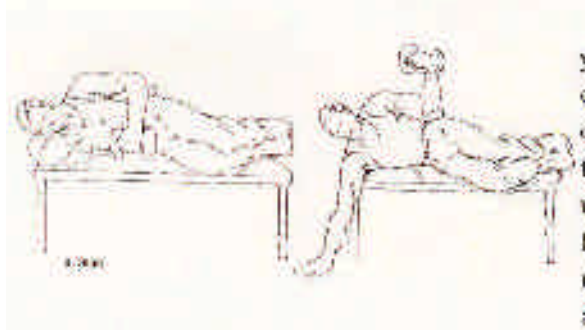
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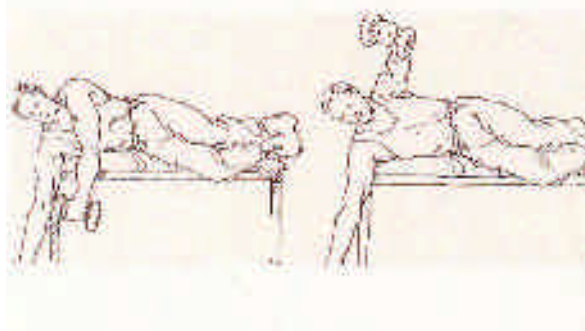
## Shoulder Exercises



1) Hold a lightweight (can of soup) in each hand, at your sides. Slowly raise your arms to about ninety degrees. Hold for one second. Slowly bring your arms back to your side. Repeat until the shoulder muscles are fatigued. Do as many repetitions as possible, rest, then repeat it all three more times.



2) Lie on your right side, on a bed or couch, with your right shoulder just on the edge. Bend the left elbow to ninety degrees. Then place this same elbow on the left hip. With a soup can in the left hand, lift the arm from a position that points towards the floor, up to a position that points up to the ceiling. **DO NOT LIFT THE ELBOW OFF YOUR HIP!** Do as many repetitions as possible. Do the same with both arms, three times each.



3) Lie on your right side, on a bed or couch, with your right shoulder just on the edge. Keep the arm straight. With a larger soup can in the left hand, let your arm hang down towards the floor. Then slowly lift the arm up towards the ceiling, but not all the way up to a vertical position. Then slowly let the arm down to point to the floor again. Repeat this until the shoulder gets fatigued. Do as many as you can, then switch to the other arm. Repeat three times with each arm.