

Superior Physiotherapy & Performance



Feel your best, perform your best.

“Know” Shoulder Pain Program

Objectives:

1. To Learn the Common Causes of Shoulder Pain
2. To Learn How to Manage Shoulder Pain
3. To Learn How to Correctly Perform the Exercises

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Physical Therapy-Mount Orab, Ohio

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About The Author Jesse Mehring



Dr. Jesse Mehring is a physical therapist, athlete and certified personal trainer. On top of receiving his doctoral degree in Physical Therapy from Ohio University, Jesse is also an exercise physiologist. Dr. Mehring grew up playing competitive football, baseball and basketball from a young age through his high school career in Cincinnati, OH. After completing his doctoral degree, Jesse went on to work in multiple states and healthcare settings helping high school athletes, college athletes, powerlifters, veterans, elderly, and the general population to get rid of their pain and reach their health and wellness goals.

He has a passion for utilizing his advanced exercise physiology and personal training background along with his training in manual therapy, dry needling, bloodflow restriction training (BFR), and osteopractic manipulations to help his clients feel their best and perform their best. His goal is to help as many people as possible get out of pain, perform their best and be the best version of themselves overall. When not working, Jesse enjoys being outside, lifting weights, spending time with his German shepherd and terrier, hanging out with friends and family, sports of all kinds and playing guitar.

Introduction

The shoulder is a highly mobile ball & socket joint. As such, we have an immense amount of motion there that we need to maintain and, also, that we need to be able to control/stabilize. So, how can I keep my shoulders healthy? I'm glad you asked! Clinically, I see 3 main factors contributing to shoulder pain and injury(s):

1. Tightness in Anterior Chest Wall Musculature & Lats
2. Lack of Thoracic Mobility
3. Weakness in Scapular Stabilizers and Posterior Rotator Cuff

This guide will show you how to address the common impairments above quickly and effectively from wherever you are with minimal time and equipment required.

“Know” Shoulder Pain

You'll need: a medium resistance band, light resistance band, a solid post or squat rack, a lacrosse ball/tennis ball/racquetball, a foam roll or soccer ball, peanut mobilization tool (optional) & 10-20 minutes

Technique #1

Overhead Shoulder Opener

Tightness and difficulty getting the arm in an overhead position are extremely common in shoulder pain. Use this simple, effective technique to open up your shoulder.

Equipment: Band, Squat Rack/Post

Steps:

1. Secure Band Around Squat Rack
2. Put Hand Through Band & Gently Grasp Band w Fingers
3. Step Back with Leg on Band Side into Lunge Position
4. Keeping Chest Upright, Breathe Out and Tighten Core
5. Stay in This Position 5-10 Breaths Letting Arm Relax
6. Next, Try to Actively Turn Palm Up Towards Ceiling & Relax
7. Perform 5-10 Palm Turns



Link: [Overhead Shoulder Opener - YouTube](#)

Technique #2

STM w/ Lacrosse Ball

Tightness in your traps, chest and subscap can be significant causes of shoulder pain. Use this technique to loosen up your muscles to get the motion you require.

Equipment: baseball/softball/lacrosse ball, Squat Rack/Post

Steps:

1. Put Ball in Middle of Your Upper Trap and Bend Forward to 90 Degree Angle at Your Hips
2. Lean into Rack Causing Ball to Press Firmly into Your Trap
3. Lift Your Arm Up in Front of You and Then Back to Your Side 5-10 Times
4. Repeat w/ Ball Against Where Your Shoulder & Chest Meet 5-10 Times
5. Lay on Side on Floor w/ Ball in Your Armpit, Just in Front of Your Shoulder Blade
6. Find a Tender Spot in Your Muscle
7. Slowly Turn Palm Down Towards Floor and Then Back of Hand Backwards Towards Floor
8. Repeat 5-10 Times



Self Release w/
Lacrosse
Ball for Upper Trap,
Pec, & Subscap

Link: [Self Release for Upper Trap, Pec, & Subscap - YouTube](#)

Technique #3

Thoracic Extension Mobilizations

Lack of thoracic extension is ALMOST ALWAYS a contributing factor to shoulder pain. Fix yours with these simple techniques.

Equipment: Peanut mobilization tool or Foam Roll or Barbell

Steps:

1. Lay on Your Back As in Situp Position w/ Peanut Underneath Your Mid to Upper Back
2. Take a Deep Breath In, Breathe Out & Tighten Your Core Causing Your Low Back to Flatten to Ground
3. Holding Core Tight, Clasp Fingers Behind Your Head
4. Slowly Arch Back Towards Floor Keeping Core Tight
5. Perform 3-5x at 3 Different Locations in Mid to Upper Back



Favorite Thoracic Extension
Self Mobilizations

Link: [Favorite T-Spine Self-Mobilization Techniques - YouTube](#)

Technique #4

Bretzel Stretch



Lack of mobility in our mid and upper back can lead to shoulder pain, particularly with throwing activities. Use this technique to work on your thoracic rotation mobility.

Equipment: Foam Roll or Soccer Ball

Steps:

1. Lay on Your Side
2. Place Top Leg in Front of You on Foam Roll/Ball w/ Knee Bent
3. Reach Behind You with Top Arm & Grab Your Ankle
4. Pull Your Leg Back Behind You Until Knee is Pointing Directly Down
5. Put Opposite Arm Out in Front of You in Relaxed Position
6. Press Knee into Foam Roll/Ball
7. Holding Pressure Against Foam Roll/Ball w/ knee, Take a Deep Breath In
8. Breathe Out and Let Your Top Shoulder Fall Back Towards Floor
9. Perform 5-10 Breaths Each Side w/ Goal of Getting Shoulder Blade As Close to Floor As Possible

Link: [Bretzel Stretch for Thoracic Mobility](#) - YouTube

Technique #5

Wall W's, Prone Rows + External Rotation, & Wall Clocks

Now that you have your range of motion, let's work on strengthening your shoulder girdle muscles throughout that range.

Equipment: Bench, Wall, Light Resistance Band

Steps:

1. Stand w Back Flat Against Wall
2. Put Arms Up Beside You w Back of Elbows and Thumbs Against Wall As if Making a "W"
3. Keeping Back Flat and Arms Against Wall, Slide Your Hands Up Wall Until Completely Overhead and Touching
4. Perform 5-10 Times
5. Lay Flat on Stomach on Bench
6. Pull Shoulder Blades Together and Bring Arms Towards Ceiling As if Performing a Row
7. Rotate Back of Hands Up Towards Ceiling Until Parallel w Your Body
8. Hold for 3 Seconds
9. Undo Steps 6-8 and Perform 10 Times
10. Stand Facing a Flat Wall With Arms at Shoulder Height, Elbows Bent and Forearms Against Wall
11. Put Light Resistance Band Around Wrists
12. Keeping Forearms Perpendicular to Ground, Move One Arm Up Towards "12 o'clock" While Holding Other Arm Stationary
13. Perform 3 Times to "12 o'clock, 3 o'clock and 5 o'clock" Each Arm



Link: [🌟Bulletproof Your Shoulders with These 3 Exercises🌟 - YouTube](#)

Medical Disclaimer

The information given in this report is not intended to replace prior medical advice regarding your symptoms. We provide information based on representation of injuries commonly seen in our facility. Each person's injury is individually specific and can have various recovery or need for treatment based upon medical history, genetics, background, movement, and prior medical advice. We cannot guarantee 100% diagnosis and prognosis, nor can we provide fully accurate management strategies without a physical examination from a skilled PT at Superior Physiotherapy & Performance, LLC.

We can offer examination services at a standard rate. Risk of injury can increase if you do not seek appropriate professional advice for your condition. This report does not guarantee specific results for your condition.