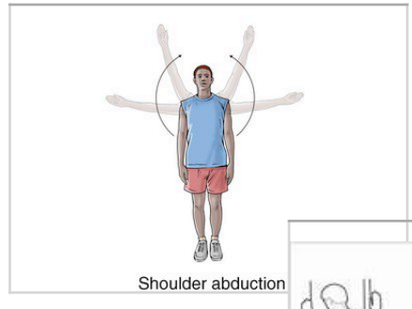
Know Your Joints

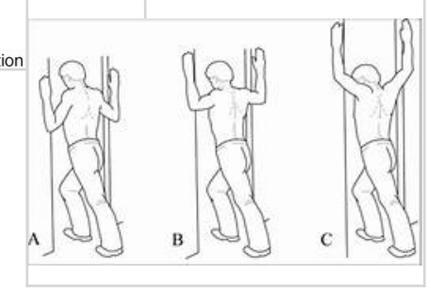
**Muscle and Joint Care Suggestions**

# These are some of my favorite must do Shoulder Care Exercises. These simple motions nourish your joints and strengthens.

## Shoulder Care:

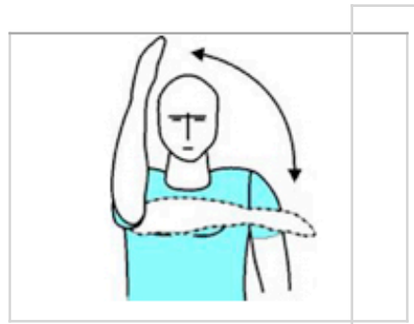
**Arm abductions movements (great to do before stretches or other exercise):** With arms by side raise arms up and down with palms up for several reps, then with palms facing forward, and then palms down. Try touch hands overhead.

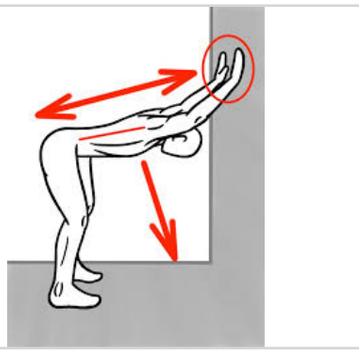


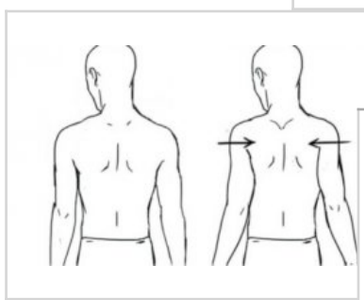

**Doorway movement:** Start with elbows bent and lean inward. Move arms up and then down doing the same. Do 1-3 sets of 15.

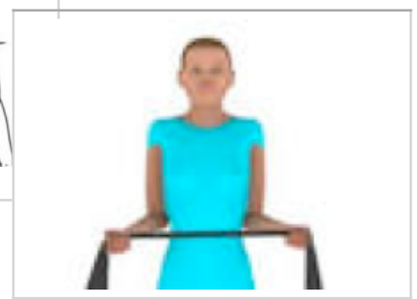
**Single shoulder capsule movement:** Flex arm to 90 degrees in front of you with elbow bent and then slowly rotate inward and outward. You can apply added pressure with opposite hand. Do 1-3 sets of 15. This movement can be done standing, or with shoulder against wall, or lying on side with shoulder against floor-(see sleeper stretch).





**Shoulder Capsule Stretch:** Grab onto wall or chair and step back. Hold 15 seconds. Repeat 3 times. You can also do this stretch using a pole.





**Scapular Squeeze**-Squeeze shoulder blades together. Hold for 5 seconds-always move slowly into Repeat 10 times.

**Band rotator cuff exercise:** Keep elbows by side, squeeze shoulder blades together with resistance from band, you can do this both palms up and down. Repeat 10-15 times. Do 1-3 sets

See our Joint Care Program and Shoulder Care Program