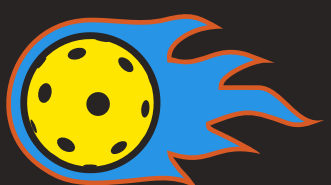
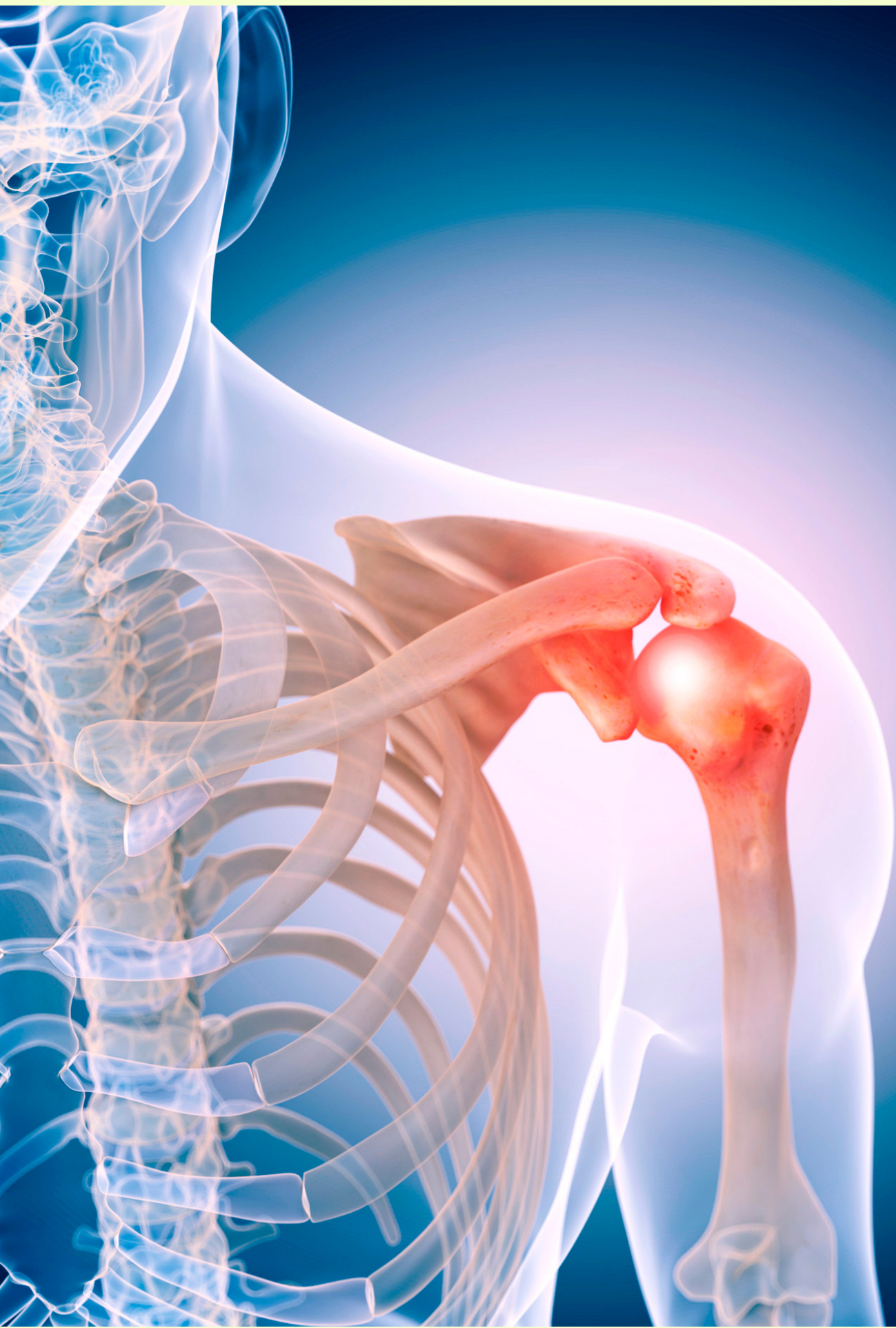


3 Ways to Manage Your Shoulder Pain



BR3

BR3 Health &
Performance L.L.C.

3 Ways to Manage Your Shoulder Pain



1. Frequency/Volume/Load... Whether you are lifting weights, playing sports, or performing everyday life activities, sometimes you need to alter your actions for better tolerance...

- ▶ Build in more rest days to optimize recovery (*reduce frequency*)
- ▶ Minimize the amount of exercises or time you do a specific activity (*reduce volume*)
- ▶ Decrease the weight (*reduce load*) that you are using to reduce the amount of stress applied to the shoulder and prevent a potential injury

2. Movement Variability... You may need to consider exercising and moving your shoulders in different directions. There is a continuous balance between stability AND mobility at the shoulder joint. It is very similar to a golf ball (top of the upper arm bone) on a tee (socket of the shoulder blade). As a result, the shoulder *REQUIRES* a lot of control and needs to learn how to function in different planes of motion.



As a result, the shoulder *REQUIRES* a lot of control and needs to learn how to function in different planes of motion.

3. ALL Muscles Matter... Did you know that you have NINE muscles that cross the shoulder joint to move your arm?!?

You can not forget about your postural muscles, they are important to give you the support you need in your upper body. Make sure to address these muscles for a well-rounded shoulder routine.



*Information provided
by
the mobile services of...*



404-824-7617



www.br3healthandperformance.com



BR3 Health & Performance L.L.C.