

Rehab Program Shoulder Tendonitis - Proven Shoulder Exercises

Beating painful shoulders isn't hard or time consuming. A few simple techniques done in your own home in your spare time is all it takes. The problem is, most people don't know anything about what those "magic" techniques are.

April 29, 2009 - [PRLog](#) -- I know exactly how it feels. I suffered pain the my shoulder after an accident in the gym damaged my rotator cuff and left me with severe pain for weeks. I had a sharp, stinging sensation on the front of my shoulder and a dull ache on the back.

Pain in the shoulder is not a nice thing, but there is a way through it. I use to suffer from pain the shoulder, but not anymore. Now I can wave my arms around above my head without any pain whatsoever?

So how did I cure my shoulder pain?

Easy - home rehabilitation and physiotherapy.

After doing some research on the Internet about pain in the shoulder, I discovered that the best remedy is physiotherapy. That's a combination of:

* Stretches: used to loosen up your shoulder joint, restore range of motion and flexibility, relieve pain and generally make sure that everything in the shoulder is able to move where it should be able to move to.

* Exercises: used to strengthen the shoulder joint and internal tissues, restore damaged tissue by promoting regrowth, and heal the injury so that the pain disappears.

As a basic example, stand up straight then bend forward at the waist (keeping your back straight). Let your bad arm dangle in front of you, pointing straight down. Then gently swing your hand in small circles. Do this for 10-20 swings in each direction. That's how easy it is - but it's surprisingly effective if you get the right movements in the right order.

Pain in shoulders doesn't have to last forever. Home rehab with some basic physiotherapy is recommended by doctors worldwide, and has been proven over and over again to work in the majority of cases. It worked for me, and it can work for you too.

I wrote a book about my experiences with shoulder pain, and documented everything I learned about treating shoulder pain with the special stretches and exercises I'd uncovered during my research.

Visit <http://ShoulderPainNoMore.com/go/shoulderfitness> to get that book and use the same techniques to cure your shoulder pain today.

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Source Joe Brent
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