



5 Tips to Avoid Shoulder Pain While You Work

Who This is For...

- Massage therapists/bodyworker who realizes you need strategies to maintain shoulder health in order to sustain your career
- Massage therapist/bodyworker who loves doing bodywork but it hurts your shoulders



Sounds Familiar?



- That moment when you start feeling a new pain in your shoulders.
- You start hoping it's not serious and perhaps you've been working too hard, thinking through what may have caused it.
- How is this new pain going to impact your enjoyment of your career? Will it last?

It' the PITS to have shoulder pain!





- You wonder: “Is this a new or old pain?”
- And you may even have a sense why it’s surfacing now.
- Perhaps you’ve been putting off improving your form.

Away our of pain....



- There's a way to make the rigors of giving a massage work for you, not against you!
- Here are some tips to maintain happy, healthy shoulders.

Who is Peggy Lamb/Massage Publications?



- Founder of Massage Publications/The Abundant Bodyworker providing resources for massage therapists with continuing education courses, books, videos and business coaching for over 25 years.
- Presenter for Pesi Rehab, Cross Country Education, Home CEU and many AMTA state chapters conventions

Who is Peggy Lamb/Massage Publications?



- Having suffered my own rotator cuff injury 20 years ago, I've become an expert in treating them.
- I've helped thousands of massage therapists upgrade their skills in my Releasing the Rotator Cuff workshop
- I've helped hundreds of clients, including massage therapists, restore health to their shoulders



**1. Assess First: What's Your Habitual Posture:
Are you a Bull dog or a Great Dane?!**



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Are you a Bull dog or a Great Dane?!



- Do you see how the Bull Dog's scapulae are protracted and the shoulder joints internally rotated?
- When you do this, the weight of your upper body is transferred in a zig-zag manner which puts stress on multiple joints and soft tissue structures.

1. Assess First: What's Your Habitual Posture:

Are you a Bull dog or a Great Dane?!

- Look at the Great Dane.



Scapulae are neutral and anchored in position with the shoulder joints externally rotated.

When you do this, your weight and force is transferred through the center of the joints which minimizes stress on joints and soft tissue structures.

2. If you're more of a Bull Dog, make the necessary changes to become more like a Great Dane!



Throughout your day ask yourself: "Am I a bulldog now or a Great Dane?" Changes in body mechanics just take simple awareness and gentle reminders.



Matt Major, LMT



After improving his posture his bursitis resolved. He can now work on his clients pain-free and he also feel more confident that if it pops up again he knows how to resolve it.

3. Need to exert more pressure? Lean **BACK!**



From a lunge position, lean into your back foot. This one is a bit counter intuitive because our impulse is to lean forward which stresses the arms, shoulders and back.



4. Beware of becoming visually enthralled!



The body follows the eyes, so peering too closely at a structure usually has a global effect of spinal flexion, internal rotation at the glenohumeral joint, etc. If you need to look closely at a structure, sit down or hinge at the hips.

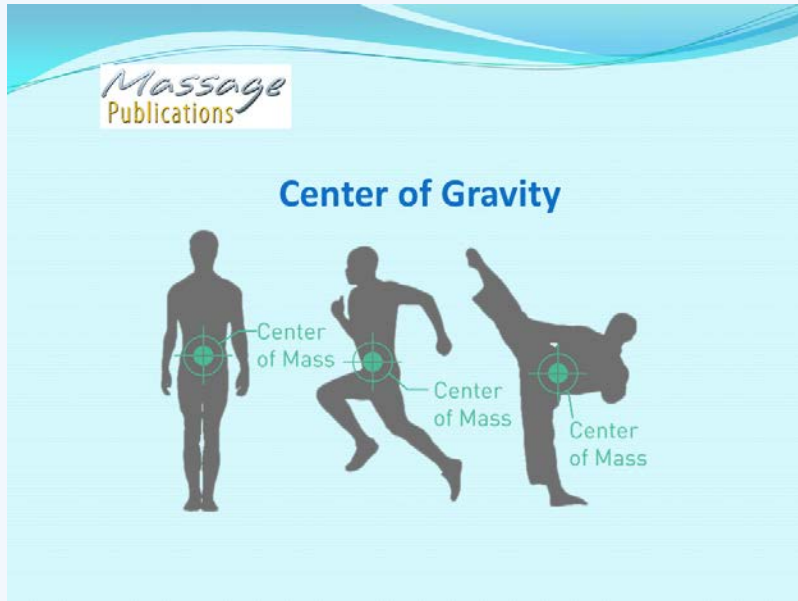
This simple action puts you farther on the road to being a Great Dane!



5. Move from your center of gravity or hara:

Put your finger two inches below your navel. This is your center of gravity. Imagine a flashlight attached here and allow the light to lead your movement. When you do this, the upper and lower body are in alignment because your body's center of gravity is moving.

Another simple action that puts you farther on the road to being a Great Dane!



RECAP

5 tips to avoid shoulder pain while you work

1. Determine if your habitual posture is more Bull Dog or Great Dane
2. If you're more of a Bull Dog, make the necessary changes to become more like a Great Dane.
3. Need to exert more pressure? Lean **BACK!**
4. Beware of becoming visually enthralled!
5. Move from your center of gravity



Watch your email!

5 Days to Happy, Healthy Shoulders Challenge coming soon!

“The exercises feels great - it's awesome learning new moves. I can take what I'm learning from this challenge and share with my clients to better their shoulders as well! My commitment is to do these exercises at least 3 times a week. Rachel B.”

Questions? Contact me at info@massagepublications.com

