

Shoulder Pain Relief Guide

Simple exercises, instant-relief tricks, and things your doctor won't always tell you

5 Simple Exercises to Reduce Your Shoulder Pain

1. Pendulum Exercise

How:

Lean forward and support yourself with the opposite hand. Let the painful arm hang relaxed. Make small circles with the arm.

Typical starting dose:

10–15 circles each direction × 2 sets.

2. Wall Slides

How:

Stand facing a wall with your fingertips on it. Slowly slide your hand upward as far as comfortable. Avoid shrugging your shoulder. Slowly come back down.

Typical starting dose:

10 repetitions × 2 sets.

3. Shoulder Blade Squeeze

How:

Sit or stand tall. Gently pull your shoulder blades back and slightly down. Hold for 5 seconds, then relax. Don't forcefully pinch the shoulder blades together.

Typical starting dose:

10–15 repetitions × 2 sets.

4. Isometric External Rotation

How:

Keep your elbow bent to 90° and tucked close to your body. Place the back of your hand against a wall or doorframe. Gently push outward without actually moving your arm. Hold 5–10 seconds.

Typical starting dose:

8–10 repetitions × 2 sets.

5. Resistance-Band Row

How:

Secure a resistance band at about waist/chest height. Pull the band toward your body while keeping your elbows close. Slowly return to the starting position. Keep your shoulders relaxed rather than shrugging.

Typical starting dose:

10–15 repetitions × 2–3 sets.

3 Simple Tricks for Instant Relief on Your Shoulder Pain

1. Reduce the aggravating movement

For a few days, avoid movements that clearly increase pain—especially repetitive overhead activity, heavy lifting, or sleeping directly on the painful shoulder. Don't completely immobilize the shoulder, because prolonged inactivity can increase stiffness.

2. Try cold or heat

- Cold pack: 10–15 minutes if the shoulder feels irritated after activity or there is recent swelling.
- Heat: 10–15 minutes before movement if the main problem is stiffness or muscle tightness.

Use whichever gives you better short-term relief, with a cloth between the pack and skin.

3. Gentle pain-free movement

Try pendulum movements: lean forward, let the arm relax, and make small circles without forcing the range.

7 Industry Secrets — Shoulder Pain Doctor

1. Your MRI may be scaring you more than your back should.
2. Rest alone may not fix shoulder pain; the right amount of movement and loading can be important.
3. Pain location does not always tell you the exact cause of the problem.
4. Weakness can be a bigger concern than pain when assessing certain shoulder conditions.
5. Poor shoulder-blade control can contribute to pain during arm movements.
6. Stretching is not the right solution for every type of shoulder pain.
7. Treating the underlying cause—not just reducing pain—is key to long-term recovery.