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# HOW TO NATURALLY EASE SHOULDER PAIN

**WITHOUT HARMFUL MEDICATIONS**



**PRO+KINETIX**

PHYSICAL THERAPY • SPORTS PERFORMANCE • BIOMECHANICS

# About the Author:

## **Dr. Ben Bagge, PT, DPT, CSCS**

**Physical Therapist**

**Certified Strength & Conditioning Specialist**

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Hundreds of people have consulted Dr. Ben Bagge seeking answers for questions regarding their running injuries and how to run pain free. Dr. Ben treats patients daily in his clinic and is a trusted advisor, mentor and lectures for Universities, businesses, and other physical therapists and trainers.

Dr. Bagge's specialty is helping athletes, weekend warriors, desk jockeys and anyone in pain find ways to allow them to continue to workout and get back to feeling great in their bodies again while rehabbing from injury. Ben also enjoys helping athletes and active individuals bulletproof their body from injury by improving their overall mobility and completing biomechanical assessments of their desired lifts (squats, deadlifts, power cleans, snatches, etc...).

Dr. Ben Bagge is a Doctor of Physical Therapy and Certified Strength & Conditioning Specialist. He owns Pro+Kinetix Physical Therapy & Performance in Oakland, CA and earned his Doctor of Physical Therapy degree from Clarke University in Dubuque, IA and also received a degree in Exercise Science from the University of Northern Iowa prior.

When Dr. Bagge is not treating patients he enjoys running, strength training, playing pick-up basketball, and reading. He also enjoys learning all new things regarding sports performance and travels to different parts of the United States to learn directly from the best trainers and biomechanists in the world. In 2018, he flew to DBC, a training facility in Miami, to be directly mentored by some of the greatest minds in the sports performance industry and one's who train some of the world's greatest athletes. Ben now incorporates many of the same techniques and training philosophies that DBC utilizes with their athletes which includes LeBron James, Dwyane Wade, John Wall, Antonio Brown, Victor Olidipo, and many more.

## TIP #1: SIT UPRIGHT

Slouching increases the forces transmitted through your spine, including your shoulders. When we slouch, we let our head fall forward. This will cause stress, strain, and then headache and jaw pain.

Be sure to sit upright, preferably with your back supported. Sitting should be a supported posture where your muscles can relax.

## TIP #2: CHECK YOUR SLEEP POSITION

We spend anywhere from 6-8 hours in bed every night. It is important that you spend this time in the correct position. Many people sleep with a pillow that is too thick and puts excess pressure on your shoulder all night.

Try sleeping with a thin pillow. This will allow your shoulder and neck to rest in a more natural position and prevent headache and jaw pain from happening.

Avoid sleeping on your stomach. This position will cause havoc on your spine and shoulders. Even if this position doesn't hurt now, you are setting yourself up for pain and spinal deterioration in the future.

## TIP #3: TAKE A LOOK AT YOUR COMPUTER

Frequent computer use with poor positioning can increase shoulder muscle tension. Looking down at a screen will cause your neck to round and increase pressure on your joints.

Adjust your computer screen so that the top of the screen is at eye level. This way your shoulder muscles can relax and you won't feel like you're "falling into the computer".

## TIP #4: AVOID READING OR USING YOUR PHONE WHILE LYING DOWN

Reading while lying down leads to forward head position and increases the pressure on your shoulders.

Tilting your head down 45 degrees increases the pressure on your neck by 49 pounds! (Imagine how your shoulders might feel if you decreased this pressure.)

By limiting the time reading books or looking at your phone in bed you will ease your shoulder pain.

If you are going to read in bed, be sure you are sitting upright, rather than laying down.

## TIP #5: AVOID CARRYING THINGS ON ONE SIDE OF YOUR BODY

Carrying a bag, purse, or backpack on one shoulder means that the weight is not evenly distributed.

Over time, one side of your body is under more pressure than the other, leading to shoulder tension and discomfort.

Be sure to switch your carrying arm frequently and avoid carrying heavy objects with just one arm.

## TIP #6: STAY HYDRATED

One of the biggest mistakes that could be contributing to your pain and zapping your energy is being dehydrated. Dehydration can cause muscle aches, pains, fatigue, and dizziness.

Try to drink water throughout the day. Avoid excess caffeine, including coffee, tea, alcohol, and energy drinks as these will dehydrate your body even more.

## TIP #7: USE ICE AND HEAT

This may be the question we get the most. Do I use ice or heat?

Heat is best in for loosening up stiff muscles and joints. A lot of people find it useful in the morning when they're stiff and having trouble moving.

Ice is good after activity or in the evening when your shoulder or shoulder pains are aching or painful.

Without knowing your personal situation, the best advice I can give you is to try both ice and heat and keep using the one that makes you feel better!

## TIP #8: CONSULT A SHOULDER PAIN EXPERT

The fastest way to take care of your shoulder pain is by going to see a physical therapist. A physical therapist can listen to your story and take a look at your shoulders and find out why you are having pain.

Then a physical therapist can come up with a plan to relax your aching muscles, loosen your stiff joints, and strengthen your body so you can get back to the activities you love.

If you combine all these tips from this special guide with a visit to a hands-on physical therapist, then you will see a dramatic drop in your shoulder pain.

# MEDICAL DISCLAIMER

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