

# SHOULDER PAIN

## WHAT TO KNOW

- 1 DO NOT PANIC!** Most shoulder pain has a very positive prognosis and improves with time and the right amount of movement.
- Movement is **SAFE** for your shoulder and will not cause damage. Avoiding movement for too long can actually make the shoulder stiffer, weaker, and more sensitive.
- It is normal for the shoulder to feel sore during or after activity, but soreness does not mean you are harming your shoulder. Think: "SORE but SAFE."
- Imaging such as MRI or X-ray often shows age-related changes (like tendon irritation or small tears) that are common and frequently not the true cause of pain.
- The best evidence shows that consistent, progressive exercise helps decrease pain and restore shoulder function.

## WHAT TO DO

-  Keep the shoulder moving. Gentle movement and regular use help maintain mobility and reduce stiffness.
-  Exercise is one of the most effective treatments. Strengthening the shoulder and surrounding muscles can improve pain and function.
-  Overhead activities may feel more sensitive initially. Experiment with modifying movements or range while gradually building tolerance.
-  Consistency matters more than perfection. Small, regular doses of movement and exercise often work better than occasional intense efforts.
-  Stay positive and stay active. Most shoulder conditions improve with time, movement, and progressive strengthening.

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