

Treat Your Own Shoulder 805

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3 Postural Stresses That Mess Up Your Shoulder

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Solution A: Don't sleep on the painful shoulder for any length of time. Try a larger or more supportive pillow while maintaining a normal alignment of the neck. Solution B: Sleep on your back with a pillow underneath your painful shoulder, or sleep on the nonpainful side. Source: Treat Your Own Shoulder (805) by Robin Mckenzie

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Treat Your Own Shoulder 805

Robin McKenzie's Treat Your Own Shoulder teaches the importance of stretching and how regular practice of proper positioning helps treat and prevent shoulder area pain. Many treatments dispensed by doctors, physical therapists and chiropractors are prescribed for your present symptoms and are not directed at preventing future problems.

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