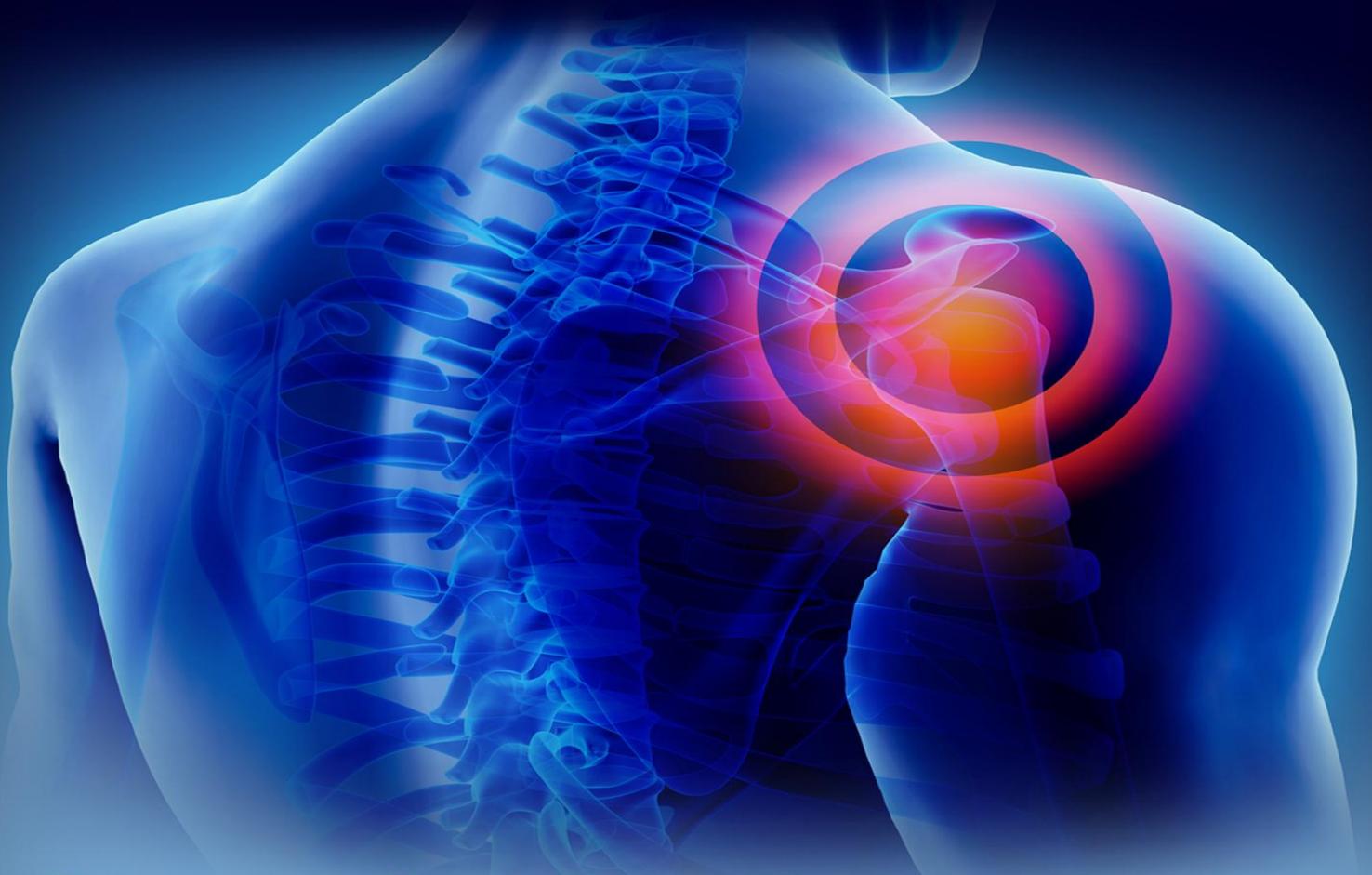


5 WAYS TO END SHOULDER PAIN... WITHOUT LIVING ON PAIN MEDICATION



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About The Author Tony Tanzi



For 6 years now people have been to see Tony Tanzi looking for answers to concerning questions about, and for, a fast end to their health worries and physical pains and stiffness. Tony has become a trusted Physical Therapist and the Owner of Empire Performance PT.

Tony Tanzi works with people daily to help them return to their active lifestyle while avoiding pain killers, injections or surgery. He earned his Doctorate degree in Physical Therapy from Sacred Heart University in Fairfield, CT in 2011. He also earned a Bachelor of Science degree in Exercise Science from Sacred Heart University in 2008 and later earned his Certified Strength and Conditioning Specialist certificate from the National Strength and Conditioning Association.

Introduction:

In this special report, I share with you 5 special strategies which can work for you, either instantly or over time. These tips are in no particular order but I will tell you that they will all help you! I have no way of knowing which of these tips will give you the best result but I will tell you that doing something as simple as trying one per day over the next few days is a great idea! Before you know it you could be back to your healthy and active lifestyle! Your going to surprise yourself by how much you will begin to feel and live better, in a short amount of time!

5 Ways To End Shoulder Pain... Without Living On Pain Medication

1. Posture, Posture, Posture!

Posture is key to prevent many areas of pain in your body, including in your shoulders. Due to all the things we do throughout the day, we tend to develop rounded shoulders and forward head. This puts the shoulder in a bad position, causing muscles to have to work differently when we move our arms and a possible pinching of our rotator cuff or nerves. Perfect posture is when our ear, shoulder, hip, knee, and ankle are in line when standing and ear, shoulder, and hip in line when sitting.

2. Proper Chairs and Desks

Most chairs are not made for good posture, especially recliners or couches. Your best place to sit is either in a solid chair or on the floor. Most chairs are not made for keeping good posture, so you should not be resting against the back of the chair. When in a chair or on the floor, you still need to focus on proper posture, because it is easy to get lazy and slouch. A great way I like to tell people to remember their posture is every time they look at a clock or their phone, they should also check and/or reset their posture.

The best position is a standing position with feet in line, equal weight distribution between your feet. In an ideal world, everyone would have a desk that transitions between sitting and standing, allowing you to move frequently throughout the day.

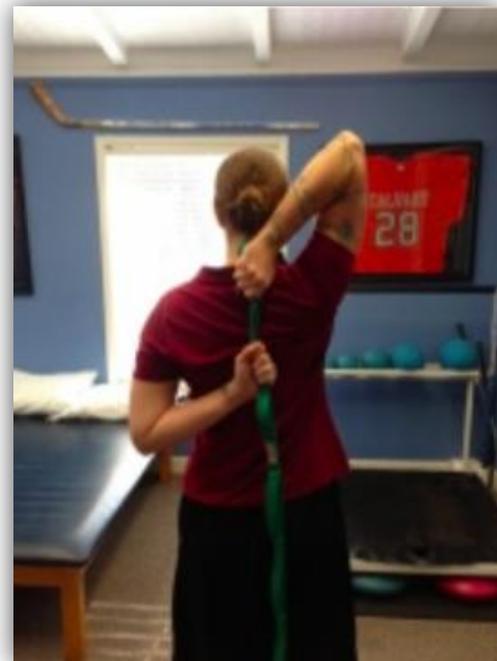
3. Daily Exercises

Several muscles are commonly tight due to our posture and activities, which can contribute to shoulder pain. These exercises can be done easily in the comfort of your home or office.



Stand in a doorway, with one arm on the doorframe and shoulder height. Stand with legs in a slight lunge and shift your weight forward slightly until you feel a stretch in the front of your chest. Hold for 30 seconds. Perform 3 times on both arms.

Place one hand behind your head, holding a belt or towel. Reach up with the opposite hand and grab the belt or towel. Pull down gently until you feel a stretch on the front the arm that is elevated. Hold for 30 seconds. Perform 3 times on both sides.





Stand facing the door frame. Grab onto the door with one hand. Sit back slightly until you feel a stretch in the side and back of your upper torso. You can increase the stretch by rotating your body slightly toward the arm that is up. Hold 30 seconds. Perform 3 times on both sides.

Gently draw your head “up and back” slightly. Think about making yourself as tall as possible. You should feel this working in the back of your neck. Hold for 5 seconds, perform 20 times.





Squeeze your shoulder blades “down and back.”

Think about pushing your shoulder blades towards the opposite hip. You should not pull your arms or elbows back in order to complete the motion. Hold 5 seconds, perform 20 times.

4. Ice or Heat

Ice and heat can both help relieve pain. Ice tends to dull the pain receptors and decrease inflammation; heat tends to loosen up stiff muscles. If you have just injured your shoulder in the past 2-3 days, you should be using ice to decrease inflammation. If you have not injured yourself recently, you can use ice or heat, whichever tends to work better for you. For either ice or heat, keep on for at least 10 minutes, no longer than 20 minutes.

5. Consider Seeing a Physical Therapist

Physical therapists are trained to evaluate and posture, movement patterns, joint restrictions, and soft tissue restrictions that are causing and/or contributing to your pain. We are skilled to treat the areas through different manual therapy techniques and corrective exercises to allow you to return to your prior level of function, pain free, without pain medication.

Conclusion

So, above is 5 strategies that you can begin to do TODAY which will improve your overall health and help you beat your shoulder pain. There are plenty more ways to beat your shoulder pain but these 5 tips are a great start to improve your quality of life!

In the upcoming weeks I'll be sending you even more tips and pointers on how to return to your active and healthy lifestyle and how Physical Therapy can make a HUGE difference to your life.

I hope this is the beginning of a great, long-term relationship where myself and my colleagues from Empire Performance PT & Fitness become the source of leading edge health advice for you to make a real difference to your life.

You can contact me here:

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(845) 225-2000

Dedicated to Restoring Your Health,

A handwritten signature in black ink that reads "Tony Tanzi". The signature is written in a cursive, flowing style.

Dr. Tony Tanzi, PT, DPT, CSCS

Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Guide. However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy clinics. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow physical therapist advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from a licensed Physical Therapist at Empire Performance PT. We are able to offer you this service. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantee of specific results are expressly made or implied in this report.