

SHOULDER EXPLORATION

1. Gather information from conversation

Begin by asking questions about the current shoulder discomfort, for example:

- The quality of pain, recurrence, when and how it began
- Movements and activities that make it worse/better
- Try to understand how the student uses his/her shoulder in daily life and if there are any activities that contribute to or aggravate the problem.

2. Gather information from movement

Test out the basic shoulder movements and note which ones are painful and which ones have limited range

Forward and up	Out and up	Arms back	Arms across	External rotation	Internal rotation
					Reach toward the opposite shoulder blade

Refrain from doing movements that cause pain for the rest of the practice and gradually explore the range of the movements that appear limited.

3. Try different poses with arm adaptations and check on

- *Awareness/mobility of the shoulder blades* (Encourage the student to pay attention to the movement of the shoulder blades and emphasize that movement. This is where the arm movement should originate from, with the arm just following the movement of the shoulder blade.)
- *Movement of the spine* (Make sure that the movement of the shoulder is organically linked to the rest of the body, specifically the movement of the spine, so that the complex network of muscles that connects the shoulder girdle to the spine and ribcage gets alternately stretched and strengthened.)
- *Support from the core* (Make sure that every movement is initiated in the center of the body (core) and then extends out into the periphery (limbs). Strong core muscles are essential in moving the spine and providing support especially if we lift things or bear weight on our hands.)

4. Use these arm movements in different poses to contract-relax-stretch the following areas

"Open-close", "hitchhiker"	Arm sweep with head turn	Pull down	"Y-shape"	"Beach ball", "push-pull" + twisting