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# *Shoulder Care 101*

From Pain to Easier

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*Our shoulders are the gateway to upper body strength, performance, and vitality.*

It's a joint we take for granted until something goes wrong, as anyone who has endured rotator cuff surgery and recovery can tell you.

- Carla DiGirolamo, MD

# *Phases of Recovery:*

1. **Protection phase.** Pain and/or loss of function dominates awareness.
2. **Subacute phase.** Less pain. Improved function. Still requires attention and caution to avoid re-injury.
3. **Integration phase.** From caution to security and confidence.

# *Three Parameters for Healing :*

1. **Balance Nervous System**
  - a. Think arousal vs. calm
2. **Stability vs. Mobility**
  - a. Think support vs. gesture
3. **Connection between the arm and the center.**
  - a. Think dominoes

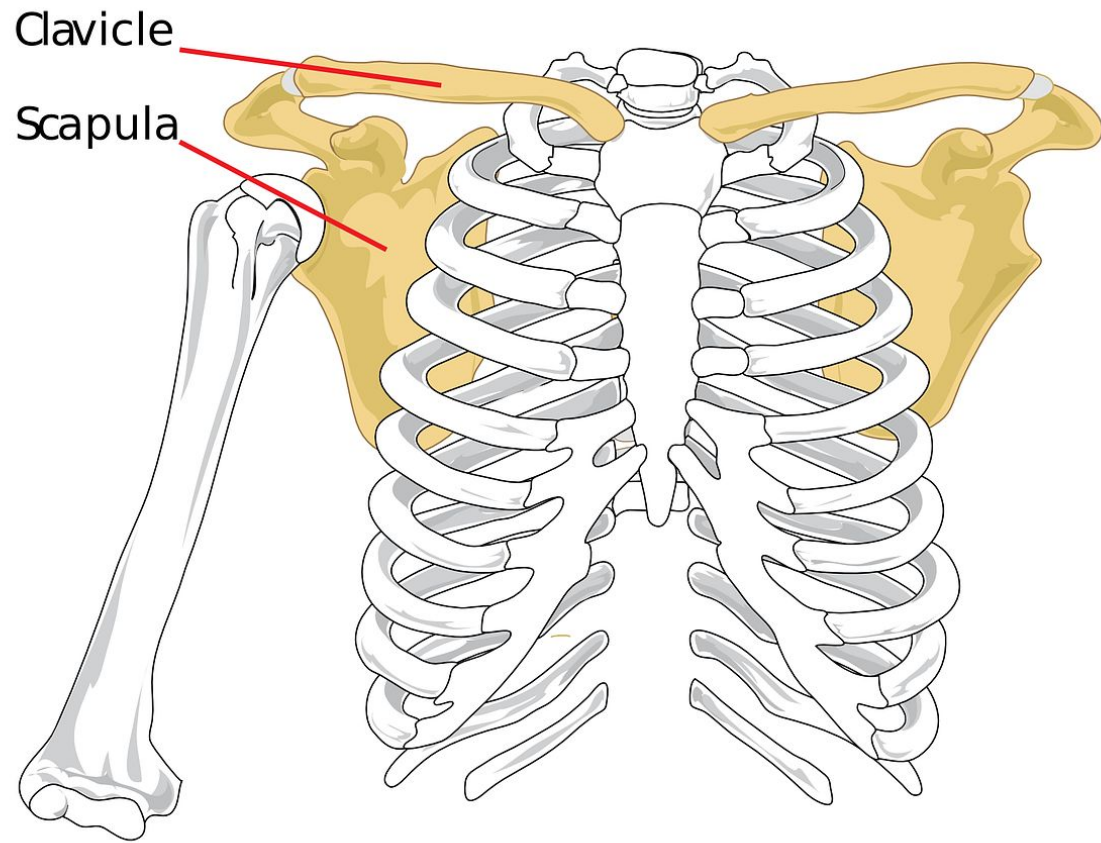


*"...I begin by asking people to lie on their backs... and learn to scan themselves. That is, they examine attentively the contact of their bodies with the floor and gradually learn to detect considerable differences – points where the contact is feeble or non-existent and others where it is full and distinct..."*

- Moshe Feldenkrais -

*This training develops awareness of the location of muscles producing weak contact through permanent excessive tension, thus holding parts of the body up off the floor. Some improvement in tension reduction can be achieved through muscular awareness alone, but beyond that no improvement will be carried over into normal life unless people increase their awareness of the skeleton and its orientation..."*

- Moshe Feldenkrais -



Front view





- *Make yourself comfortable*
- *Make each movement easy*
- *Do less than you think you can*
- *Find pleasure when & where you can.*