

## SHOULDER EXERCISE #1

Bowenwork exercises use reciprocal innervation to minimize the influence of the stretch reflex, which often leads muscles to over tighten. As with all things related to Bowenwork, less is best. No more than 6 reps with each arm, once a day. Always start with the easier side first. These exercises should be done very s-l-o-w-l-y and very gently, “listening” with awareness. Stop any movement at the first sign of pain.

**Do NOT perform these exercises on the day of treatment, but start the following day.**

**Do once a day, every day, until your next appointment.**

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**Purpose:** To increase mobility, reduce swelling, and soften stiffness in shoulder.

Starting with the looser arm first, circle the arm in a slow windmill action, keeping the arm straight, palm down. Let your arm drop for a brief moment between circles so each arm circle is a separate movement.

Do 6 circles in 1 direction, then with the same arm, do 6 in the other direction. It doesn't matter which direction is first. Then do 6 circles in each direction with the other arm.

No pain is allowed, as we want your brain to remember moving the shoulder without pain, and to reduce swelling. The size and shape of your circles will be determined by your comfortable range of motion.

If you hear or feel grinding/cracking in the joint, that is fine - you are breaking up calcification and adhesions formed while the shoulder was restricted. These circles will literally grind them away until the joint is fully free again.

