

## SHOULDER EXERCISE #2

*To be done ONLY if the arm can be lifted past 90 degrees without pain.*

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 deeper within the joint capsule by rotating the shoulder under slight pressure.

Start on the side of the looser arm first. Stand with this side toward a wall or the edge of a door frame. Place your hand at shoulder height, palm flat, fingers pointed up, elbow straight. Step away so that you are leaning slightly, pushing gently into the wall with slight pressure. Keep this angle in your body, maintaining pressure in the joint capsule throughout the exercise.

Slowly walk in place toward your arm, until you start to feel a stretch, closing up your body. Keep shoulder and neck relaxed. Slowly walk in place away from your arm, the other way, opening up your body, until you start to feel a stretch. Keep shoulder and neck relaxed. Return to starting point. Move within the comfort range only.

Do 6 repetitions with each arm once a day.

