



MINDFULNESS-BASED POST-OPERATIVE CHRONIC SHOULDER PAIN MANAGEMENT

MODULE 4 GENTLE YOGA EXERCISES – STYLE 2 STATIC

WHO FOR?

AFTER Rotator cuff tear repair surgery

- Postoperative persistent chronic pain
- Arm weakness and stiffness
- Discomfort when laying on side
- Dull ache and soreness around shoulders, neck and upper back
- Keen to try alternative options besides medication and physiotherapy

LEVELS



L1 – FUNDAMENTAL

L2 – PROGRESSION

L3 - ADVANCING

STYLES



FLOW (SIMPLIFIED AND FULL)

STATIC



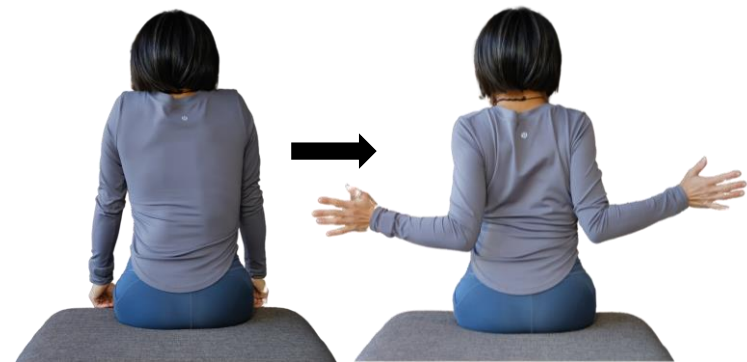


STYLE 2: STATIC – SHOULDER SHRUGS, PLUGS AND HINGE

STATIC - SHOULDER SHRUGS, PLUGS & HINGE

BREATH	ACTION	KEY POINTERS	CONTRAINDICATIONS/MODIFICATION
	<ol style="list-style-type: none"> 1. Begin on sitting or standing 2. Rest your arms down alongside your body 		
INhale	<ol style="list-style-type: none"> 3. Lift the shoulders tightly up toward the ears scrunching tightly 4. Hold the breath, bend your arms 	<ol style="list-style-type: none"> 1. Keep the shoulder heads in place with your upper back to facilitate the shrugging action 2. Keep your neck in a neutral position without dropping your chin in 	<ol style="list-style-type: none"> 1. Perform the actions one side at a time 2. If doing one side separately, place the opposite hand on top of the shoulder head to stabilize the movements
EXhale	<ol style="list-style-type: none"> 5. Squeeze your shoulder blades together 6. Roll the shoulders back and down with your palms facing up 7. Repeat 5 times 		

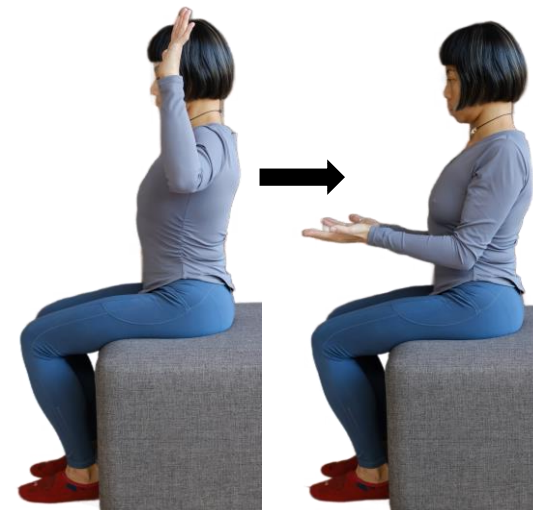
*** Continue with the following plugging actions if possible*





STATIC - SHOULDER SHRUGS, PLUGS & HINGE (CONTINUED)

BREATH	ACTION	KEY POINTERS	CONTRAINDICATIONS/MODIFICATION
INhale	<ol style="list-style-type: none"> 1. Start in Cactus arms with your shoulders and elbows in line with your chest 2. Push the arms slightly back and down to the sides, then squeeze the shoulder blades together, feeling that they are dropping down your back 	<ol style="list-style-type: none"> 1. Keep the shoulder heads in place with your upper back to facilitate the plugging action 2. Keep your neck in a neutral position without dropping your chin in 	<ol style="list-style-type: none"> 1. Perform the actions one side at a time 2. If doing one side separately, place the opposite hand on top of the shoulder head to stabilize the movements
EXhale	<ol style="list-style-type: none"> 3. Draw your elbows into the sides of your ribs 4. Bring the forearms in front of you without moving your shoulder position. The palms should be facing up 5. Flip the palms down without moving your shoulders or arm position. (Feel your shoulder blades snugly 'plugged in' on your back) <p>4. Repeat 5 times</p>		





STATIC - SHOULDER SHRUGS, PLUGS & HINGE (CONTINUED)

BREATH	ACTION	KEY POINTERS	CONTRAINDICATIONS/MODIFICATION
	1. Begin with bending your arms and placing your fingers besides your head and temple, elbows on the sides levelled with your shoulders	1. Make sure when you draw your elbows forward, they maintain at the height of your shoulders and chest evenly	1. Perform the actions one side at a time 2. If doing one side separately, place the opposite hand on top of the shoulder head to stabilize the movements
INhale	2. Spread your shoulder blades, widen your collarbones and open your chest	2. Keep your neck in a neutral position without dropping your chin in	
EXhale	3. Begin to draw the elbows together to the front as you wrap your hands inward. Keep your thumbs facing down 4. Try to get your elbows to touch 5. Repeat 5 times		



BENEFITS: STRENGTHEN SHOULDER AND UPPER BACK MUSCLES; INCREASE MOBILITY OF SHOULDER GIRDLE; STABILIZE SHOULDER JOINTS; REACTIVATE THE SHOULDER COMPLEX WHICH MOVES THE SHOULDERS FORWARD AND BACKWARD





STYLE 2: STATIC – SHOULDER PIGEON

STATIC - SHOULDER PIGEON

BREATH

ACTION

KEY POINTERS

CONTRAINDICATIONS/MODIFICATION

1. Lie down on your belly with your legs extend back behind you
2. Reach your right arm out to the side in line with your right shoulder, left hand by the chest bone on the left. Turn your head to rest your right cheek on the floor

1. Keep the head on the floor, gazing straight ahead or chin slightly tucked in
- 2.
- 3.
4. Use your top hand to leverage the turning of your chest and hips

1. Place a towel under your under arm to cushion your cheek, shoulder, elbow and wrist
2. Lower the underarm down below shoulder height to reduce the intensity
- 3.

INhale

3. Slowly roll onto your right shoulder by pressing your left hand to the floor
4. At the same time, bend your left leg and set your left foot behind your right leg, knee pointing up

EXhale

5. Continue to push the floor away with your left hand so that the chest and front of the right shoulder can stretch further
6. Gaze forward

**5-10
breaths >
EXhale**

7. To release, roll back to your belly. Repeat on the second side



BENEFITS: RELIEVES TIGHTNESS IN THE FRONT OF THE SHOULDERS AND CHEST; STRETCH NECK MUSCLES





STYLE 2: STATIC – SHOULDER STRETCH WITH BLOCKS AND STRAP

STATIC - SHOULDER STRETCHES WITH BLOCK AND STRAP

BREATH	ACTION	KEY POINTERS	CONTRAINDICATIONS/MODIFICATION
Maintain even, steady breaths throughout	<ol style="list-style-type: none"> 1. Lie down on your back, place a block lengthwise underneath your shoulder blades 2. Goal-post arms: elbows bent at 90°, hands down, palms up 3. Engage the upper back by squeezing the armpits in towards the centre of the spine 	<p>Firm in the back of the shoulders</p> <p>Maintain a subtle outward rotational motion at the shoulder girdle</p> <p>Plug the upper arm bones down towards the shoulder girdle by activating the upper back muscles</p>	<p>Tight shoulders and neck: Place another block under your head for extra support</p> <p><u>Variation 1: Arms overhead with a strap or a block</u></p> <p>Hold a strap or a block with your hands above your head</p> <p>2. Straighten the arms fully overhead and reach towards the floor behind</p> <p><u>Variation 2: Overhead with a strap</u></p> <ol style="list-style-type: none"> 1. Encircle a strap around the block that is underneath the shoulder blades, strap ends on either side of the head 2. Straighten the arms fully overhead and pull the strap tautly





3. Increase the tension of the strap against the block by firming the shoulders and upper back

BENEFITS: RELIEVES TIGHTNESS IN THE FRONT OF THE SHOULDERS AND CHEST; STRETCH NECK MUSCLES

