

Do's And Don'ts for shoulder pain

Do's :

- Do the prescribed exercise regularly to maintain strength, flexibility and range of motion.
- Do keep the affected arm supported.

Don'ts :

- Do not sleep on the affected side.
- Do not lift heavyweight with the affected arm.
- Do not jerk your shoulder to avoid stress.
- Don't use the arm to push yourself up in bed or from a chair because this requires forceful contraction of muscles.
- Don't participate in contact sports or do any repetitive heavy lifting.

- Use towel roll under the neck during supine lying.



- Use pillow of normal thickness in side lying position.

