**Education program**

Causes of shoulder complaints
Anatomy
Pain and exercises
Clinical shoulder evaluation

**Causes of shoulder complaints**

Age, genetics, lifestyle, workloads
Different tissues can be painful: joints, muscles, tendons, bursa
Muscular stability and posture of the shoulder, shoulder blade, and upper back

**Shoulder anatomy**

![Shoulder anatomy image](Image)

**Posture**

![Posture images](Image)

**Pain and exercise**

Known pain must not be aggravated for more than 1 hour after exercise
Muscle tenderness is natural and expected

**Clinical shoulder evaluation**

**Purpose:**
Evaluate shoulder problem
Make sure that it is advisable for participant to exercise
Give short individual guidance

**Guidance for home exercise**

Exercise 3-4 times a week
The exercise may be divided into several periods a day
Keep the posture (exercise 1) in exercises 2, 3, and 4

**Exercises level and dose**

- Exercises 2, 3, and 4 have three levels
- Start with level one and perform as many repetitions as possible
- If you can perform > 3x15 repetitions with good control and without aggravation of shoulder pain — increase to next level
- If your shoulder pain is aggravated and if the pain does not return to the starting level (within 1 hour) — decrease one level

(Images side 3 is bought from Colorbox)