

THE

Shoulder Reset

5 Proven Exercises to Reduce Pain
and Restore Mobility

Created by

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Introduction & Safety First

Why These Exercises?

Shoulder pain shouldn't keep you from your life. Whether it's a dull ache during sleep or a sharp twinge when reaching for a shelf, these exercises are designed to create space in the joint and calm inflammation.



RED FLAGS— Stop & Call Us Immediately If:

- You experience sharp, stabbing pain during these movements.
- You have sudden weakness (unable to lift your arm at all).
- You have numbness or tingling radiating down to your hand.
- Your pain is the result of a recent high-impact injury.
- *If any of these apply, please contact our office before beginning these exercises.*

The Core Five Exercises

1

The Pendulum *Warm-up*

Lean on a table, let your arm hang. Gently circle.



Dr. Mike's Pro-Tip: *"Let gravity do the work. Don't use your muscles to move the arm; use your body's momentum."*

2

Scapular Squeezes

Pinch shoulder blades together and down.

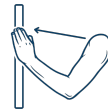


Dr. Mike's Pro-Tip: *"Imagine you're trying to put your shoulder blades into your back pockets."*

3

The Doorway Stretch

Forearms on doorframe, lean forward.



Dr. Mike's Pro-Tip: *"Keep your core tight so you don't arch your lower back. Feel this in the chest and shoulder, not the spine."*

4

External Rotation *The "No-Money" Stretch*

Elbows at sides, rotate hands outward.



Dr. Mike's Pro-Tip: *"Keep your thumb pointed up to protect the joint and maximize the stretch."*

5

Cross-Body Stretch

Pull arm across chest.



Dr. Mike's Pro-Tip: *"Keep your shoulder blade down and away from your ear to avoid pinching."*

The Symptom Decoder

Why does it hurt?

IF: It hurts when reaching overhead

MIGHT BE: Shoulder Impingement

Tendons get pinched between bones when you raise your arm, causing pain and inflammation.

IF: It feels "stuck" or stiff in all directions

MIGHT BE: Frozen Shoulder

The joint capsule thickens and tightens, severely limiting range of motion over time.

IF: Weakness and pain at night

MIGHT BE: Rotator Cuff Tear

One or more of the four rotator cuff tendons are torn, causing weakness and nighttime aching.

IF: A deep, constant ache

MIGHT BE: Osteoarthritis

Cartilage wears down over time, leading to bone-on-bone contact and chronic, deep pain.

Visit DrMikeShoulder.com for More Information

Don't Guess. Get a Plan.

Exercises are a great start, but they are only one piece of the puzzle. If your pain persists for more than two weeks, a professional evaluation is the fastest way back to the activities you love.

[Get a Consultation](#)



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