

The 7 Biggest Mistakes Keeping Your Shoulders in Pain

Your shoulders are sore and achy.

Simple things like washing your hair, putting on a jacket or scratching your back hurt when they shouldn't.

You have trouble falling or staying asleep because of the discomfort, waking up tired and groggy.

I know how much shoulder pain affects everyday life, not to mention the impact if you're active, which is why we're going to dive right in.



After overcoming a traumatic shoulder injury (broken collarbone) and wear and tear pain (after really getting into tennis), and helping hundreds of clients from elite athletes get back to their sport to seniors restoring mobility they never thought they'd get back, I've discovered 7 common themes keeping people stuck.

Read carefully to make sure you're not making these same mistakes, even if you've heard otherwise, and I'll explain what you really need to do to eliminate your shoulder pain for good.

Ready?

LET'S GO >>>

SHOULDER PAIN MISTAKE #1

Rest

It's probably the most common story I hear, *"Eric, my shoulder hurt, I took a few weeks off and it felt better but when I went back to working out the pain came back."*

The more severe the issue the more rest you need, for example if you completely fracture your collarbone you won't be moving your shoulder for a while, nor should you.

Outside of these very extreme and rare situations, once you've rested for anywhere from 24-72 hours it's time to get moving.

While doing handstands isn't advisable as the first movement you try, as long as the movement doesn't hurt it's likely good for you because it helps you avoid muscles from getting weaker and facilitates blood flow, which is required for proper healing of any tissues that might be damaged.

This leads us naturally to mistake #2...

SHOULDER PAIN MISTAKE #2

“No pain, no gain”

On the flipside to rest is this common motto. It's actually useful when you're healthy and pain-free where fighting through burning muscles and the desire to quit is required to push the limits of your fitness and performance.

But for every other type of pain you must avoid the pain-provoking movements or things will only get worse.

Here are the most common types of pain and why you should avoid flaring them up.

TRIGGER POINTS: tight, painful areas in a muscle often a result of muscular imbalance or compensation. Push through it and you'll solidify the issue and eventually create a problem somewhere else.

POINTED BURNING/TINGLING: generally a nerve being stretched or pinched. Push through it and further damage the nerve.

SHARP JOINT PAIN DURING MOVEMENT: indicates pinching on joint connective tissue. Push through it and risk tearing the tissue.

ACHY JOINTS: a more constant dull ache is a sign of inflammation. Push through it and you'll create more inflammation and risk turning it chronic, which takes much longer to resolve.

PROGRESSIVE MOVEMENT-BASED PAIN: if pain progressively gets worse as you move through a certain range of motion you may have a torn muscle or tendon. Push through it and you might fully tear it and require 2-3 times as long to recover.

SHOULDER PAIN MISTAKE #3

Static stretching

Conventional wisdom held by regular people and many rehab and medical professionals look toward static stretching as the cure-all for most aches and pains.

You can test this yourself - tell 5 people you know your shoulder is sore and you'll hear "you need to stretch more" as a well-intentioned but totally wrong answer.

Here's why:

Tight muscles are a SYMPTOM of whatever is actually wrong and causing pain.

Read that again because it's so important to fully understand.

In fact, tight muscles are often your body's unconscious response to prevent further injury from happening, which is why it's referred to as "*protective guarding*".

Static stretching is just a band-aid that might give you temporary relief, but the discomfort will come back and you may make things worse especially if your pain is a result of a torn muscle or tendon.

Imagine a torn muscle or tendon is like a rope that's fraying - what do you think will happen to the rope if you tug on it?

SHOULDER PAIN MISTAKE #4

Focusing on the “rotator cuff”

If you’ve searched online for solutions for your shoulder pain chances are you’ve come across the rotator cuff as a possible cause.

And you’ll have seen and possibly tried various exercises for the rotator cuff such as external rotations with a band or small weight.

While a torn or weak rotator cuff can definitely be involved in your shoulder pain, it’s too often the primary focus while the myriad of other root causes are completely ignored.

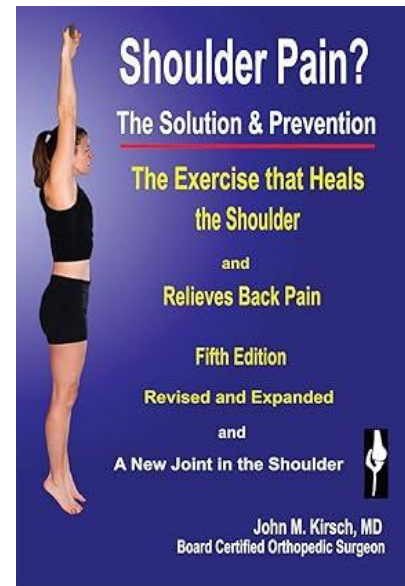
The other mistake people and practitioners make around the rotator cuff is seeing it as just a rotator of the shoulder, when in fact it’s more important function is as a stabilizer.

SHOULDER PAIN MISTAKE #5

Thinking “hanging” is the magic bullet

In 2019 an orthopedic surgeon named John M. Kirsch published a book that espoused hanging as the magic bullet solution for all types of shoulder (and back!) pain.

The combination of author credibility and because the less effort required and faster a solution is professed to work the more attractive (I’m no exception), the idea that hanging cured shoulder pain went viral.



While you’ll find many anecdotal reports of hanging curing people’s shoulder pain, look hard enough and you’ll find just as many reporting zero as well as negative effects.

If you’re suffering from shoulder impingement on the bursa, rotator cuff or biceps tendon, hanging can cause serious damage.

While hanging can provide temporary relief for tight muscles similar to static stretching, it does nothing for the most common root causes of shoulder pain, which we’ll discuss at the end, but there are a few more mistakes to discuss to ensure you don’t stay stuck.

SHOULDER PAIN MISTAKE #6

Being passive in your treatment

While static stretching will be the most common recommendation from your friends and family, seeking treatments like chiropractic, massage and acupuncture will likely come a close second.

Any form of treatment that doesn't have you moving is unlikely to give you lasting results.

You'll suffer from the same issue over and over and while the passive treatments might get you back on your feet, you'll never fully break-free.

To your surprise, this also includes surgery, which is often the "last resort" but expected to be the ultimate solution.

We'll discuss exactly what none of these passive treatments will give you lasting results once we cover the last of the common mistakes people make when trying to fix their shoulder pain for good...

SHOULDER PAIN MISTAKE #7

Relying on chemicals to take the pain away

The first thing people in pain often reach for is the bottle of Tylenol or Advil.

While these pills undoubtedly relieve pain a) they don't address root causes and b) they prevent you from hearing what your body is trying to tell you.

Pain is your body's way of saying, "Hey, something's wrong. You need to deal with this."

But when you pop painkillers you're ignoring your body so it starts to raise its voice, "YOU, LISTEN UP - THERE'S A PROBLEM WE'VE GOTTA FIX!"

This might have you pop more potent pills to quiet the pain message, but this vicious cycle will and can only go on for so long and could ultimately end up in addiction.

Cortisone shots are similar; cortisone decreases inflammation and might make you feel better initially but if you never address the root cause the inflammation will always come back. *(They also run the risk of weakening your tendons and ligaments causing additional problems)*

So what do you do if you need some quick relief so you can simply function?

I've got an all natural solution for you that works better and faster than painkillers without any of the negative side effects, but before we get to that let's discuss what the REAL root causes to most people's aches and pains are...

Why You're *Actually* in Pain...

Outside of rare traumatic events like fracturing your collarbone, most shoulder pain is a result of wear and tear.

Wear and tear is the gradual overuse or breakdown of tissue that leads to pain and/or inflammation.

But what causes wear and tear?

There are 4 main reasons that cause wear and tear damage on muscles, tendons, ligaments, cartilage and other joint structures.

They are your Foundation for Pain-Free Movement.

PILLAR #1

Poor tissue quality

We can have muscles, tendons or fascia that has scar tissue, adhesions or is dehydrated or malnourished, resulting in poor tissue pliability. If these things are left untreated for months or years on end, compensations will occur that impact the factors we'll cover below.

PILLAR #2

Muscle weakness or inhibition

Our movement system is are designed with backups in place where if one muscle isn't doing its job, others can jump in and pickup the slack. But this can only go on so long until the muscle(s) picking up the slack get burned out and its often in these muscles where you'll experience pain, trigger points and inflammation, not the muscles that caused the compensation in the first place.

PILLAR #3

Poor alignment

Good posture is critical for shoulder health because if you've got bad posture, everytime you lift your arm up overhead you're pinching either the shoulder bursa, rotator cuff tendon or biceps tendon.

But it's not just posture, it's also your *dynamic alignment* that's important, which is your ability to maintain good alignment of your shoulder joint as it's moving and doing its thing.

Maintaining good dynamic alignment requires ALL of the muscles of the shoulder to work in concert with each other, not just the rotator cuff.

PILLAR #4:

Insufficient ACTIVE range of motion (ROM)

If you don't have sufficient ACTIVE ROM for the movements you do in everyday life, at the gym or in your recreational activities, you're putting excess strain on the muscles, tendons and/or ligaments during these movements and something will eventually fail.

And you need more than passive ROM, which is like if you're lying down and someone is pulling your leg up for you - you need active ROM, which is you being able to pull your leg up and control it with your own muscular effort.

The more passive ROM (the kind you get from static stretching) compared to active ROM you have, the more unstable your shoulder is because there's more range you don't have the strength to control, putting you at increased risk of injury.

Build up these 4 pillars and you'll have built a solid foundation for pain-free movement, regardless of how you want to move, whether that's for leisurely evening walks or intense workouts in the gym.

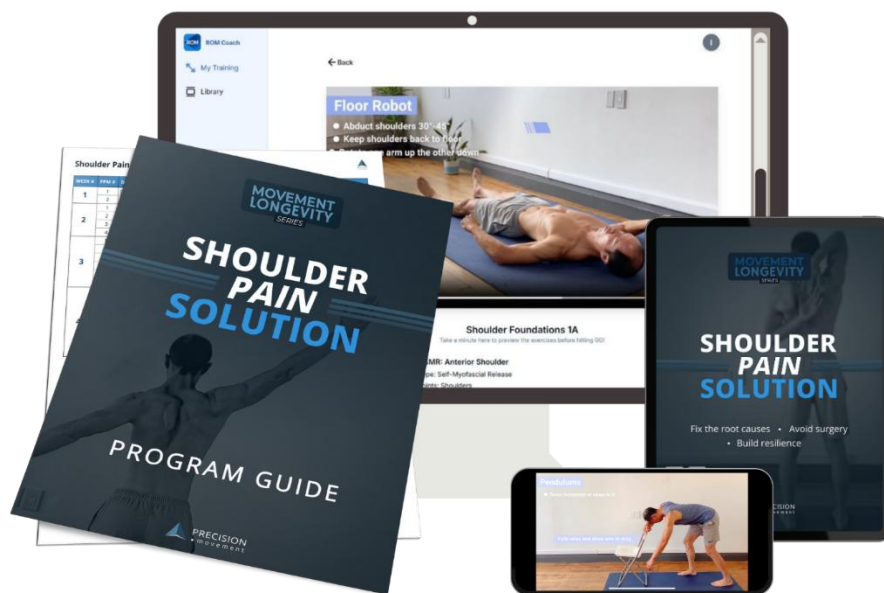
And it's this approach that's taken inside my Shoulder Pain Solution program.

The program consists of 3 phases designed to progressively introduce you to more challenging movements and exercises so by the end your shoulders are ready for whatever you want to throw at them.

It's been used by thousands of others to fix their shoulder pain even when other treatments have failed.

The routines take just 15-20 minutes to complete and can be done in the comfort of your own home.

To learn more and get started fixing the root causes of your shoulder pain today, click the button below:



FIX MY SHOULDER PAIN FOR GOOD