

## Seated Shoulder Rotation

As you are holding this article your deltoid muscles on the outside of each shoulder joint are contracting. The deltoid is really like three muscles rolled into one. In addition to facilitating various stabilization movements, the deltoid can actively lift your arm to the front, to the side, and to the back, as well as rotate your shoulder depending on which parts of the muscle are engaged. Trigger points in the deltoid can make it painful to raise or lower the arm, and also can make it difficult to hold a static (no movement) position as you are doing right now. People such as those in the dental profession are prone

to problems with the deltoid muscle as so much of their work involves the arms being held away from the body.

Remember that one way of keeping muscles from developing trigger points is to make sure that they have healthy circulation. A simple way to increase circulation to a muscle is through movement in its full range of motion. When performing the exercise below I tell people to visualize turning a doorknob all the way in both directions. If you only do the "beauty pageant" wave, you are only engaging the wrist and you will miss the full benefit of the exercise.

### Seated Shoulder Rotation

Model: Courtney Miller Photos by: Darlene Czech

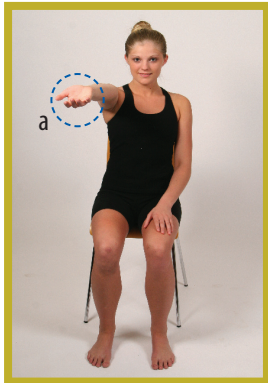


Figure 1

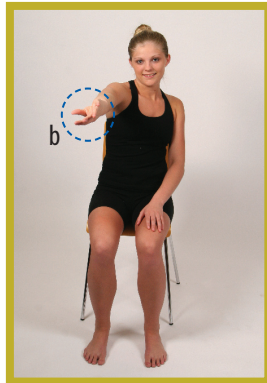
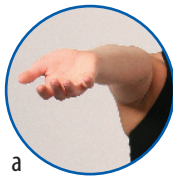


Figure 2

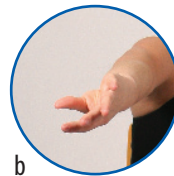


Figure 3



Hold arm in front of body as shown in figure 1. Rotate shoulder with the intent of pointing the thumb toward the ceiling as shown in figure 2. Finally, rotate the shoulder back to the original starting position as in figure 3. Perform this cycle four times on each side.



When you are performing this exercise correctly you should be able to place your other hand on the outside of your upper arm and feel the arm bone (humerus) moving under your fingertips.



Repetitions: \_\_\_\_\_

X Per Day: \_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

"Sometimes I found that in my happy moments I could not believe that I had ever been miserable."

-Joanna Field

