

# Tips to keep shoulder healthy

## **Maintain Good Posture:**

Practice proper posture to reduce strain on your shoulders. Sit and stand with your shoulders back and your spine aligned.

## **Avoid Overhead Lifting:**

When lifting heavy objects, especially overhead, use proper lifting techniques. Avoid putting excessive strain on the shoulders by distributing the load appropriately.

## **Stay Active and Exercise Regularly:**

Engage in regular physical activity to maintain overall health and flexibility. Activities like swimming, walking, and yoga can be beneficial for shoulder health.

## **Give Your Shoulders Rest:**

Adequate rest is essential for recovery. Avoid overtraining and allow your shoulders time to recover between workouts.

## **Manage Stress:**

Stress and tension can contribute to shoulder pain. Practice stress-reduction techniques such as deep breathing, meditation, or yoga.

## **Avoid Prolonged Static Positions:**

If your work requires sitting for long periods, take breaks to stretch and move your shoulders. Prolonged static positions can contribute to stiffness and discomfort.

## **Pay Attention to Pain:**

If you experience persistent shoulder pain, don't ignore it. Seek medical attention to identify and address the underlying cause.