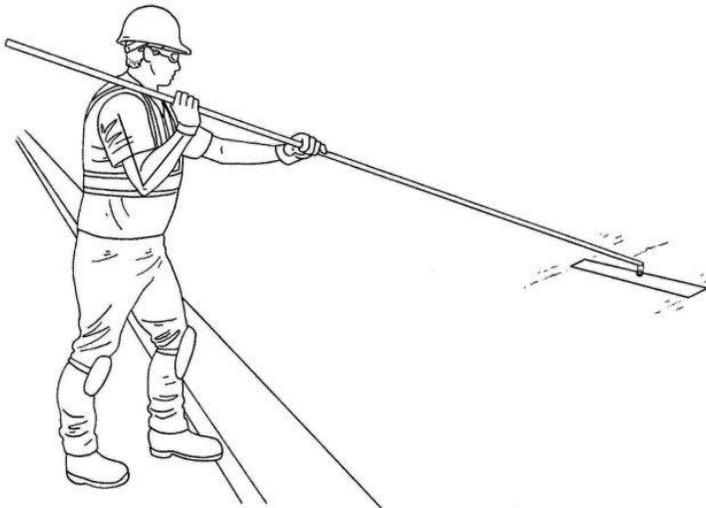


Working with your arms above your head can be very stressful for the shoulders. The large ligament that holds the shoulder together, the Rotator Cuff, can be gradually torn and frayed from this type of use. Once the cuff gets torn, bone spurs grow in to help stabilize the joint. The problem is, this is actually arthritis and will cause lots of pain and loss of shoulder motion.



To protect the shoulder and the rotator cuff, try to work with your arms lower than shoulder height. The shoulders can handle this position without getting stressed and protect you from arthritis.

SHOULDERS