

Strong Shoulders 3: The One-Minute Shoulder Check-up

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- Shoulder injuries can creep up on us. Typically, they result from shoulder muscles that become imbalanced because we repeatedly use and overload them the same way, day after day. If the muscles supporting our shoulder become imbalanced, this can lead to poor shoulder mechanics. If poor mechanics, fatigue, and awkward postures or overexertion (work) continue, the muscles on the back of our shoulder can get overstrained (long and weak). This process is gradual and frequently occurs over time in the absence of pain.
- Are you at risk for a shoulder injury? Here are 5 simple questions for you*. These are all simple movements and positions that should be easy and painfree.
 - Don't forget to check both shoulders!
 - Is your shoulder comfortable when sitting in your easy chair or when driving with your arm at rest by your side?
 - Does your shoulder allow you to sleep comfortably?
 - Can you reach the small of your back to tuck in your shirt with your hand (painfree)?
 - Can you place your hand behind your head with the elbow straight out to the side (painfree)?
 - Can you lift a one pound (a full pint) to the level of your shoulder without bending your elbow (painfree)?
 - If you have any pain, seek professional help before you put your shoulders in a situation they can't handle.



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