

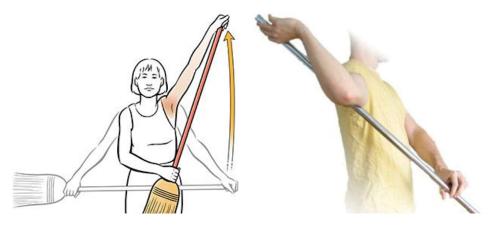


Pain from Shoveling Snow?

Stretch of the Month

Rotator Cuff Stretch

Step 1 Step 2



Symptoms

- •Reduced range of motion of the shoulder joint
 - Pain in the shoulder joint
 - Fatigue with overuse of shoulder