Milton
CHIROPRACTIC
CLINIC
CAMBRIDGE

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# Fix Pain Between Shoulder Blades

Here I demonstrate some great self-adjusting technique for pain between the shoulder blades. Follow my easy how to make your own self-adjusting device, using two tennis balls and a sock! This same device then turns into a brilliant self-massage device for you to use on the muscle knots! I will also share a great mobility exercise with you for the same area. Combining all these techniques will provide immediate pain relief and prevention for these problems to come back!

Clinic Director, Milton Chiropractic Clinic

## 1 - Build Your Simple "Crack Your Own Back" Device

**Create your own adjusting device at home, for mobilising and clicking between the shoulder blades.**

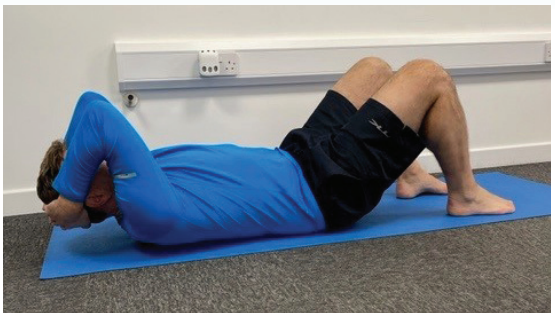
**1 -** Take two tennis balls and a long sock.

**2 -** Place the tennis balls in the sock, push to the bottom.

**3 -** Tie a knot, make sure it is quite tight.

**You now have the two balls with a little gap in the middle, this gap fits exactly on the spinous process of your spine.**

## 2 - How to Crack Your Own Back



**1 -** Lay on a flat hard surface.

**2 -** Place the device on the floor.

**3 -** Find the tender spot.

**4 -** Ensure the spine lays between the tennis balls.

**5 -** Keep your pelvis on the floor.

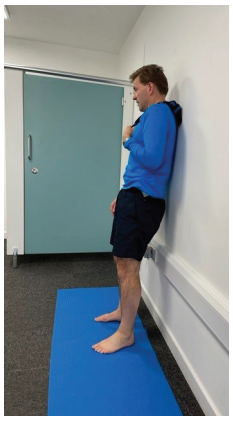
**6 -** Interlock your fingers behind your head, chin tucked in.

**7 -** Lower your upper body over the balls.

**8 -** You should begin to feel this self-adjusting and hear a slight clicking sound.

**9 -** Roll your body over the ball for about 30 seconds.

## 3 - Best Self Massage Technique



**Don't roll for longer than 30 seconds at a time in any one tender area!**

**Using your adjusting device (sock & tennis balls).**

**1 -** Swing the sock over your back.

**2 -** Find the tender spot, the muscle knot.

**3 -** Lean against a wall.

**4 -** Roll the device using your body, left, right, up, and down.

**5 -** Work on the muscle knot for about 30 seconds.

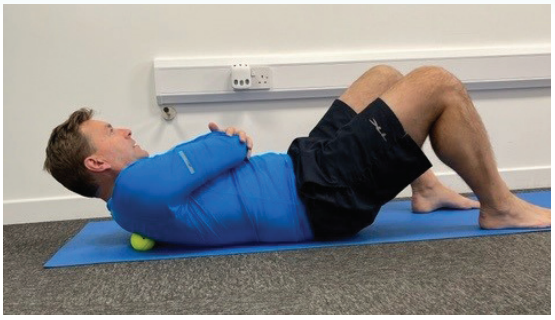
**6 -** You should feel the ball rolling over the knot.

**7 -** After 30 seconds, pull the sock up a bit till you find a different knot.

**8 -** Again, roll your body over the device for about 30 seconds.

**9 -** Find other knots in that area and repeat the process.

## 4 - Self Massage II



**30 seconds only in each area!**

1 - Lay on a flat hard surface.

2 - Place a tennis ball under your shoulder area.

3 - Find a tender spot, a muscle knot.

4 - Place the knot directly on the ball.

5 - Keep your knees bent and your pelvis on the floor, this helps control the pressure.

6 - For 30 seconds, roll your upper body to over the knot.

7 - To intensify, pull your right arm across your chest to your left shoulder.

8 - Create a stretch, this exposes the muscle a bit more, a great way of getting closer to the shoulder blade. Find the tender spot or knot, then you move up and down for about 30 seconds.

9 - If you want to intensify this even more, drop your right shoulder, to get maximum pressure on the ball essentially and rotate again.

10 - Perform for 30 seconds and move to a different muscle knot.

## 5 - Self Mobilisation: Wall Angel

1 - Place your feet approx. five inches away from the wall.

2 - Ensure your lower back touches the wall.

3 - Tilt pelvis backward, DO NOT arch your back!

4 - Keep your lower back touching the wall.

5 - Place your hands at about 120 degrees angle.

6 - Keep shoulders, elbows, and wrists flat to the wall.

7 - Slowly slide both arms down the wall making an angels wings motion.

8 - Hold this again for a few seconds then come up again and hold it on top for another few seconds.

9 - Repeat 3 to 5 times daily.

## 6 - Self Mobilisation: Thoracic Rotation

**1 -** Sit upright on a sturdy chair.

**2 -** Wrap your legs around the legs of the chair on the outside (like a hug).

**3 -** Stabilise and fixate your pelvis and lower back.

**4 -** Grab both your elbows and turn, rotating to the right.

**5 -** Hold for 10 to 15 seconds.

**You should feel a pull between the shoulder blades.**

**6 -** Return to sitting upright position and repeat the process rotating this time to the left side.

**7 -** Repeat throughout the day.

## 7 - Self Mobilisation: Y W T L

**1 -** Stand upright.

**2 -** Hands up in the air.

**3 -** Hand palms facing forward.

**4 -** Create a **Y** shape using your arms.

**5 -** Really pull your arms backwards, hold this **Y** for 10 seconds.

**6 -** To progress to **W**, lower your elbows.

**7 -** Pull your arms backwards.

**8 -** Hold again for 10 seconds.

# 7 - Self Mobilisation: Y W T L *continued*

**9 -** Now from **W** progress to **T**.

**10 -** Spread your arms.

**11 -** Hand palms facing forward, arms wide.

**12 -** Pull your arms backwards.

**13 -** Hold for 10 seconds.

**14 -** And finally from **W**, we go to a double **L**.

**15 -** Elbows tucked into your sides.

**16 -** Rotating your arms outward.

**17 -** Form an **L** shape to the left and **L** to the right.

**18 -** Hold for 10 seconds.

**Complete all four letters throughout the day.**

**Scan to watch the video**

**Link to video:**
**https://youtu.be/sHajsyB1l3I**

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