



# HOW TO DEAL WITH INJURIES



Do you have shoulder pain? This guideline suggestion can help you deal with the pain, stretch out and strengthen, and work out deeper issues through massage to help you heal faster. This program is designed by the owner Al Cardiello, Manager and Group instructor Kim Nuechterlein, and Massage therapist Thea Hill.



1

**Pain relief**

CBD Cream  
Ice for first 24-48 hours

2

**Stretch & Foam roll**

Small Foam Roller if pain is in the back of shoulder  
Cross body shoulder stretch

3

**Strengthen**

Posterior delt machine  
Front delt raises  
Rotator cuff with dumbbell  
Rotator cuff on

4

**Massage**

Deep tissue massage -Rotator Cuff  
Muscles Deltoid  
Pectoralis Muscles  
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**Click on "1", "2", "3", or "4" for an informative Video**