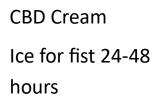


Do you have shoulder pain? This guideline suggestion can help you deal with the pain, stretch out and strengthen, and work out deeper issues through massage to help you heal faster. This program is designed by the owner Al Cardiello, Manager and Group instructor Kim Nuechterlein, and Massage therapist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







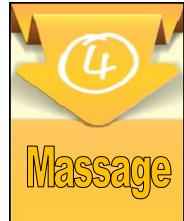


Small Foam Roller if pain is in the back of shoulder Cross body shoulder der stretch



Posterior delt machine
Front delt raises
Rotator cuff with dumbbell

Rotator cuff on



Deep tissue massage -Rotator Cuff Muscles Deltoid Pectoralis Muscles

Click on "1", "2", "3", or "4" for an informative Video