

## Restriction Release:

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### ***Shoulder Ball Inside (SBI)***

**For: Neck, upper back, rib pain and shoulder pain**

2X/day check both shoulders. Treat worst points first.

#### **Restriction Indicator (RI): :**

At the front of the shoulder on the inside the ball pushing toward the outside of the shoulder, toward the ball. Or on the front side of the shoulder blade in the armpit.



**Movement Combination:** With hand behind back put elbow against something stable like a chair and turn your body toward your elbow.



#### **Alternate Movement combination:**

Put hand behind back and bring elbow forward by resting elbow on pillow

**Alternate Movement Combination:** Keep elbow straight with arm hanging next to body. Turn the arm to bring the elbow toward the front of the body. Use opposite hand to pull the elbow twisting the upper arm inward.

Recheck RI in same direction with same amount of pressure. Find position of the arm that reduces the RI completely or as close to 0/10 as possible. Stay in this position for 90 seconds without moving. Maintain

contact with tender point but stop pressing. Slowly return to neutral and recheck RI.



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