



This is our general template for fixing shoulder pain. Check out the Training Zone for sport specific training programs to keep you engaged in your activity while alleviating your shoulder issues.

The Crossover Symmetry 30 Day Shoulder Fix was designed to solve the underlying dysfunctions that cause shoulder pain while promoting healing of injured tissues.

Each week will have fewer movement restrictions and will challenge the shoulder through increasingly difficult positions. These movement progressions are paired with the Crossover Symmetry System, in which the shoulders will become stronger and better equipped to handle the increased load for the following week.

Each week will conclude with a provocative test for the shoulder progression included in the following week. If you have any shoulder pain with the week's provocative test, it is a sign that you shouldn't move to the following week. Just reset and do that week again.

Week 1:

The primary focus for this week is to reduce shoulder inflammation and to start fixing shoulder position. It's also important to evaluate what may be the cause of your shoulder pain. Is it due to the physical demand of your life, sport, or profession? Are you sitting for too many hours with bad shoulder posture? Or maybe there is an imbalance that needs correcting? You should also use the Crossover Symmetry Red Flag Screen to determine if there is an underlying issue that may need further evaluation.

Schedule:

- Use Crossover Symmetry Activation daily with modified range of motion and reduced resistance if needed.
- Use the Crossover Symmetry Mobility program 6x/week.

Restrictions:

- Reduce shoulder stress at all cost. Limit shoulder activities to light loads and no overhead lifting on the symptomatic side. Also, avoid carrying things for a long period, such as a child or backpack.

Provocative Test:

- Crossover Symmetry Activation program without movement modifications and without pain.

Week 2:

This week should up the ante regarding load on the shoulder, while the Recovery program will help further your arm recovery by increasing blood flow through the injured shoulder to help the healing process.

Schedule:

- Use Crossover Symmetry Activation Daily.
- Use the Crossover Symmetry Mobility program 3x/week.
- Use the Crossover Symmetry Recovery program 3x/week.

Restrictions:

- You can start to increase the load on your shoulder. However, avoid any loaded pressing movements (lifting overhead, push-ups, pushing heavy object, ect.), and continue to avoid the things that you feel might be causing your pain.

Provocative Test:

- Crossover Symmetry Strength program pain free.
-

Week 3:

Shoulder issues should be significantly diminished; it's time to start focusing on strengthening. The Crossover Symmetry Strength program will focus more intensely on strengthening the joint and improving movement quality.

Schedule:

- Use Crossover Symmetry Activation daily.
- Use the Crossover Symmetry Mobility program 3x/week.
- Use the Crossover Symmetry Strength program 3x/week.

Restrictions:

- This week will see fewer restrictions. You may begin pressing things below shoulder height, however, avoid pressing things overhead.

Provocative Test:

- Test out an activity you love that was once painful.
-

Week 4:

It's time to take on your life pain free. Return to your normal daily activities; however, continue to avoid those things that provoke you shoulder issues. Specifically, be careful with the volume and load when moving things overhead, and be aware of how much stress you are placing on your shoulder.

Schedule:

- Use Crossover Symmetry Activation daily.
- Use the Crossover Symmetry Strength program 3x/week.
- Use the Crossover Symmetry Mobility program 3x/week.

Restrictions:

- There will be no restrictions this week, other than monitoring the volume and load placed on the shoulder.

Provocative Test:

- Is your daily living free from shoulder pain or numbness? Progressively return to your normal daily living without restriction or limitation for your shoulders.