

The Hanging Exercise



1. Find and hang from a secure bar in your home or gym or even a tree branch or monkey bar.
2. Palms are facing forward and you can perform a partial hang where your knees are bent and feet are on a secure object or completely hanging with your feet off of the ground. It is recommended to perform the partial hang first if it has been a long time since you have done this.
3. Hold for 10-30 seconds with only your hands and forearms engaged. You may find that you cannot perform a 10 second hold. That is okay as you will start to get stronger and be able to hold longer.
4. After 10-30 seconds of a dead hang hold rest. Let your arms shake out some of the tension and when you are ready to go again, hold on.
5. Complete a number of these holds over a period of 10-15 minutes. The more that you perform this the more reshaping you will do of your shoulder and the longer you will be able to hold on before burning out your muscles.

Follow up Weight Lifting



After the hanging session it is best to lift some weights to engage and strengthen the shoulder. This is done afterwards because your shoulder has been stretched causing the coracoacromial ligament to stretch and the pressure on the rotator cuff muscles to reduce.

1. Grab some very light dumbbells. Something that you have no pain or problem lifting a good number of times.
2. Always avoid painful arcs of movement with lifting so as to not aggravate muscles that are damaged.
3. With palms facing down perform 20-30 reps of abduction, flexion, and extension of the shoulder. It may feel really difficult at first but with continued practice it will become easier as the muscles grow stronger.

