

fitness

mind, body & spirit

Banish Cellulite

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TRICKS TO
IMPROVE
ANY
WORKOUT

HEALTH

Prevent shoulder pain

Women's shoulders do so much heavy lifting (of children, overstuffed shopping bags, the tote of the moment) that they're more prone to pain and injury than men's. Simeon Niel-Ascher, an osteopathic physician from London, has created a new method to treat frozen shoulder, a condition in which the muscles, tendons and ligaments become inflamed and stiff. He offers these tips to help avoid it in the first place:

1. Pay attention to posture. Try this 20-second alignment: Stand straight with shoulders back and arms at your sides, and turn hands so palms face forward. Relax and hold the position for a slow count to 20.

2. Stretch daily. Try the "Prince Charles": Stand with legs shoulder-width apart. Bring the left arm behind you and rest it in the middle of your lower back. With your right hand, grasp your left arm and bring it up your back until you feel the stretch in the front of the shoulder. Hold for 30 seconds, rest and repeat on the other side.

3. Walk around every 30 minutes or so if you sit at a desk all day. This helps prevent slumping, which can cause pain.

For more info on Niel-Ascher's treatment for frozen shoulder, log on to frozenshoulder.com.

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night's
sleep in
8 min.