

Arthritis of the Shoulder Joints

(p. 1 of 9)



Parivrtta Trikonāsana
(revolved triangle)



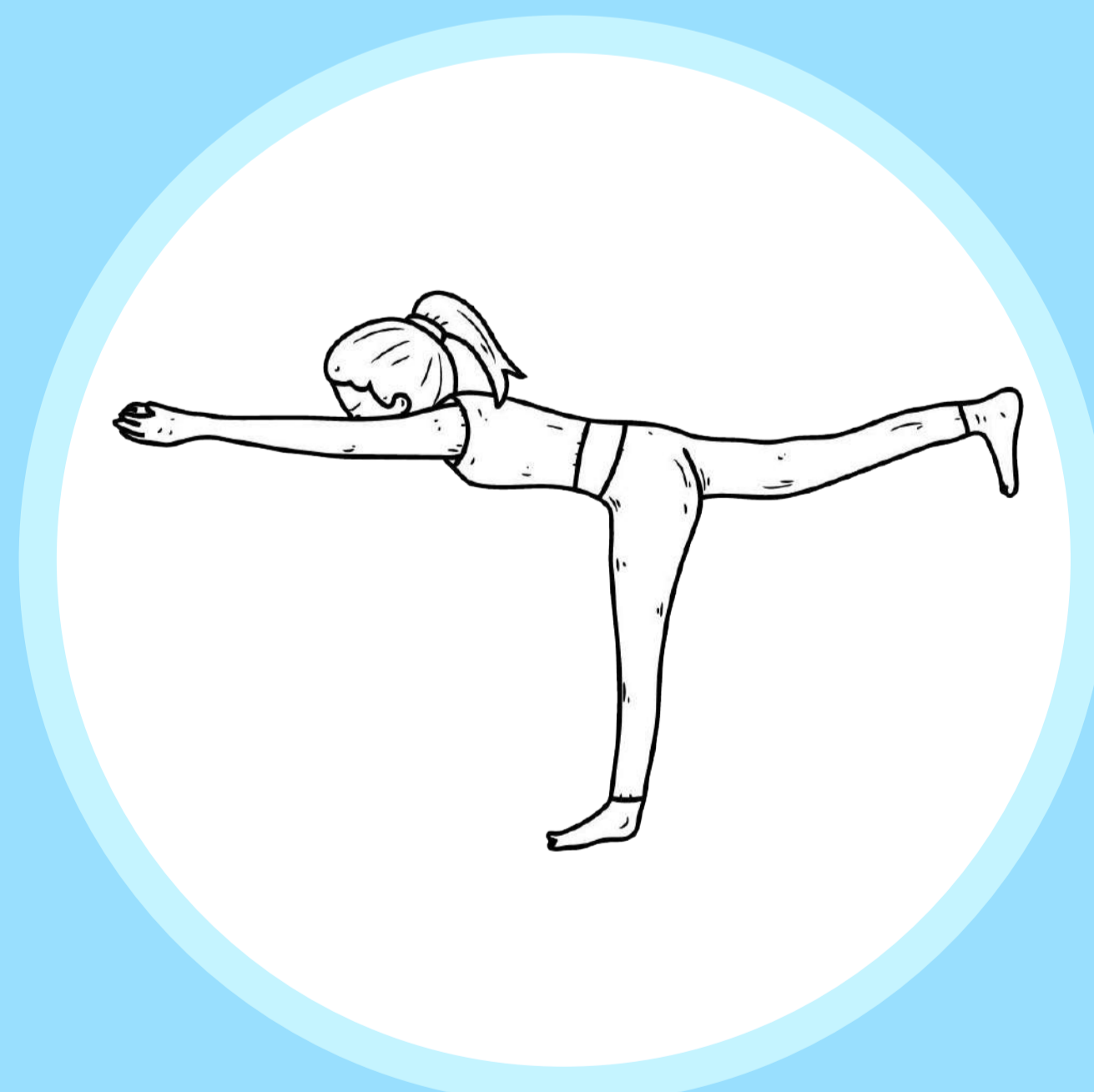
Utthita Trikonāsana
(triangle)



Vīrabhadrāsana I
(warrior one)



Vīrabhadrāsana II
(warrior two)



Vīrabhadrāsana III
(warrior three)

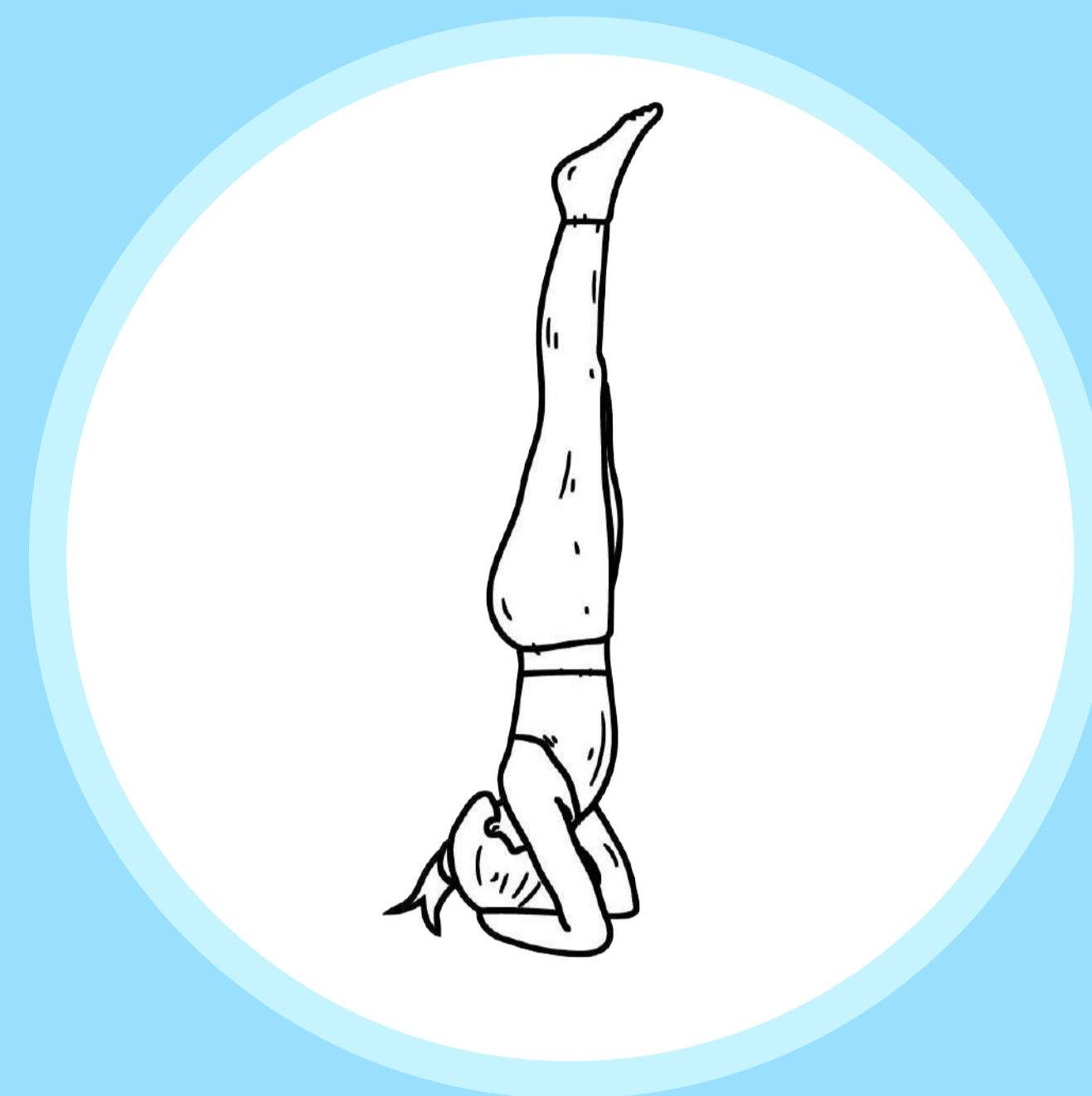


Ardha Chandrāsana
(half moon)

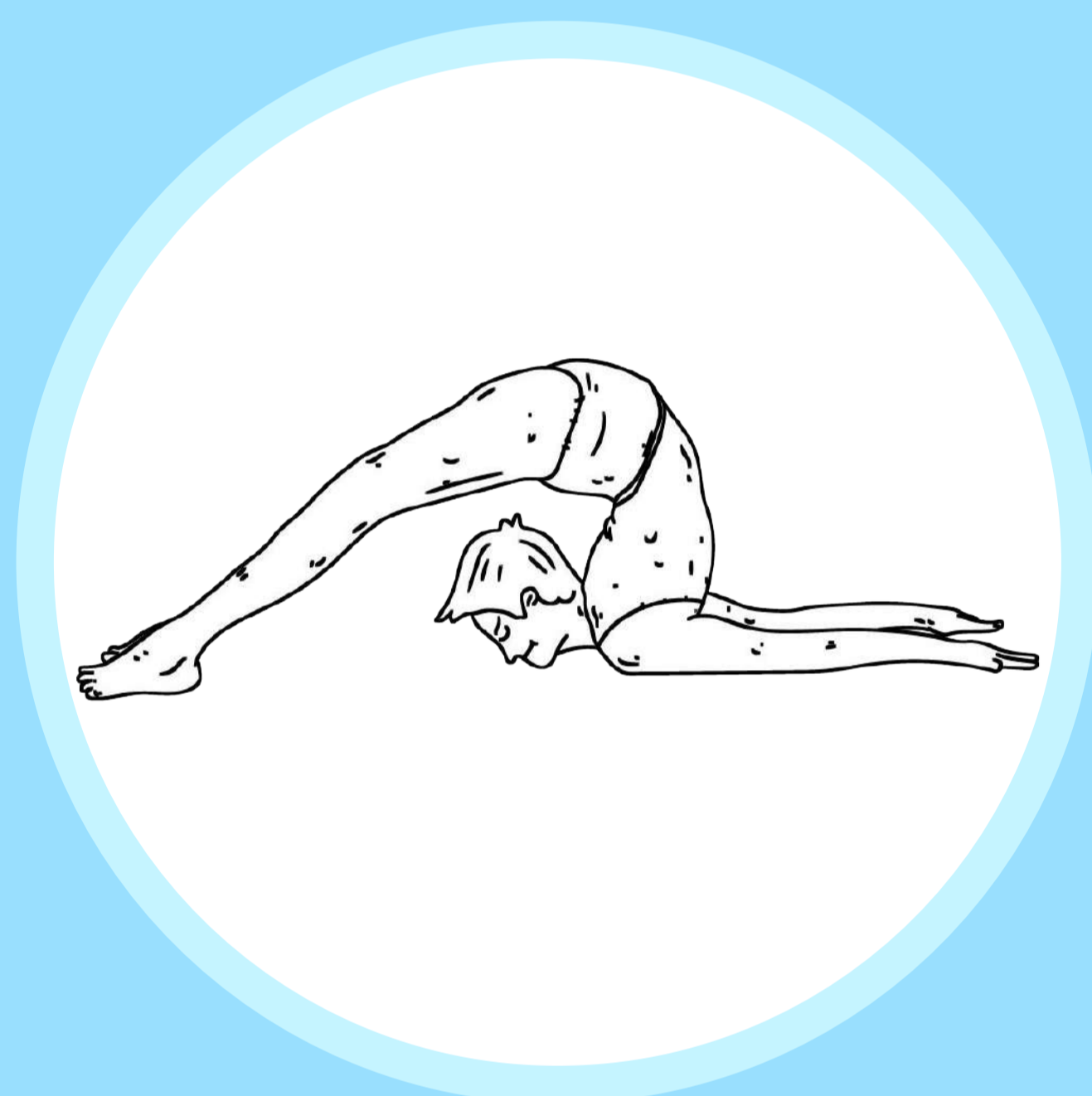
Arthritis of the Shoulder Joints (p. 2 of 9)



Pāśvottānāsana
(intense stretch)



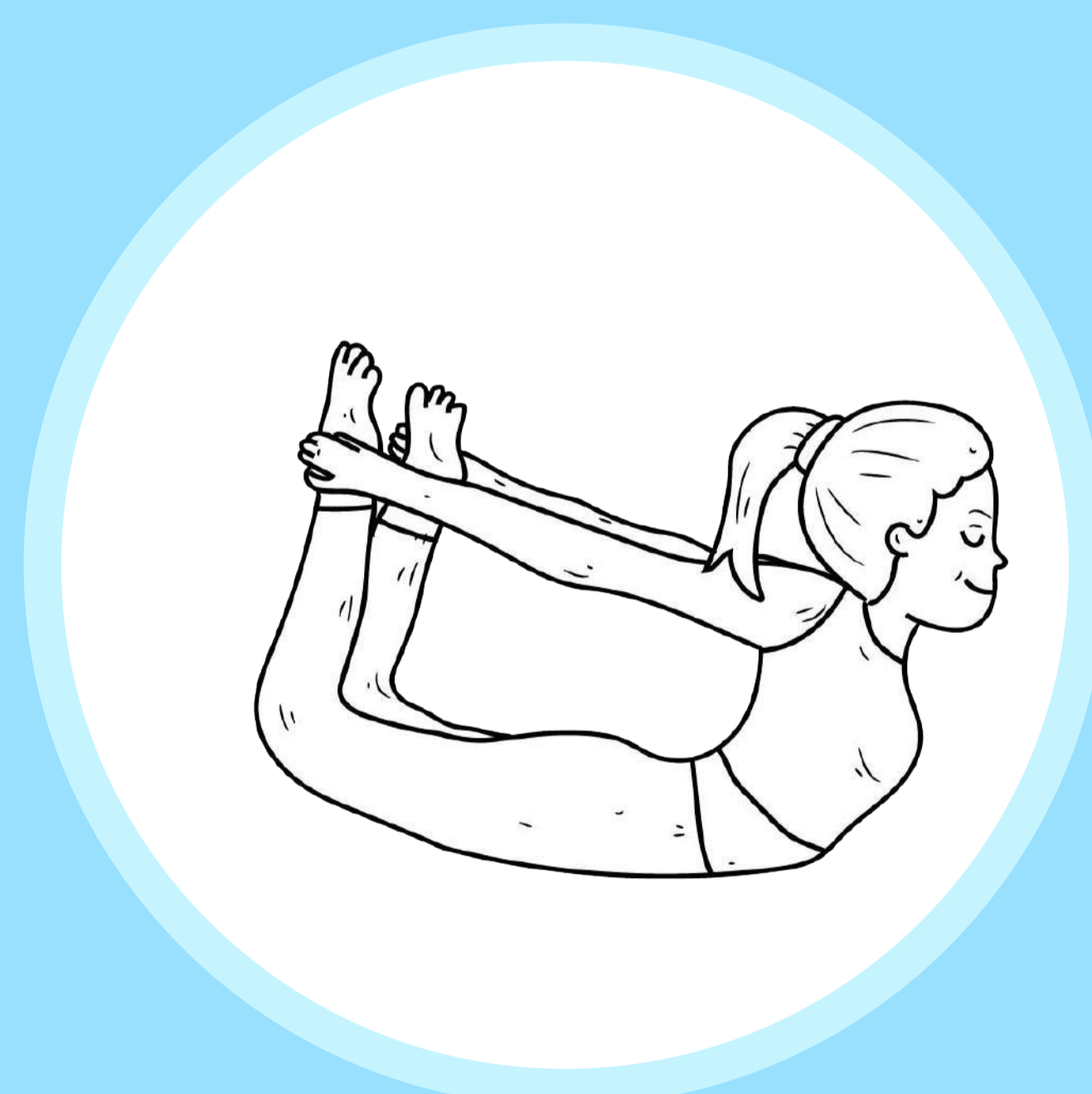
Sālamba Śīrṣāsana
(supported headstand)



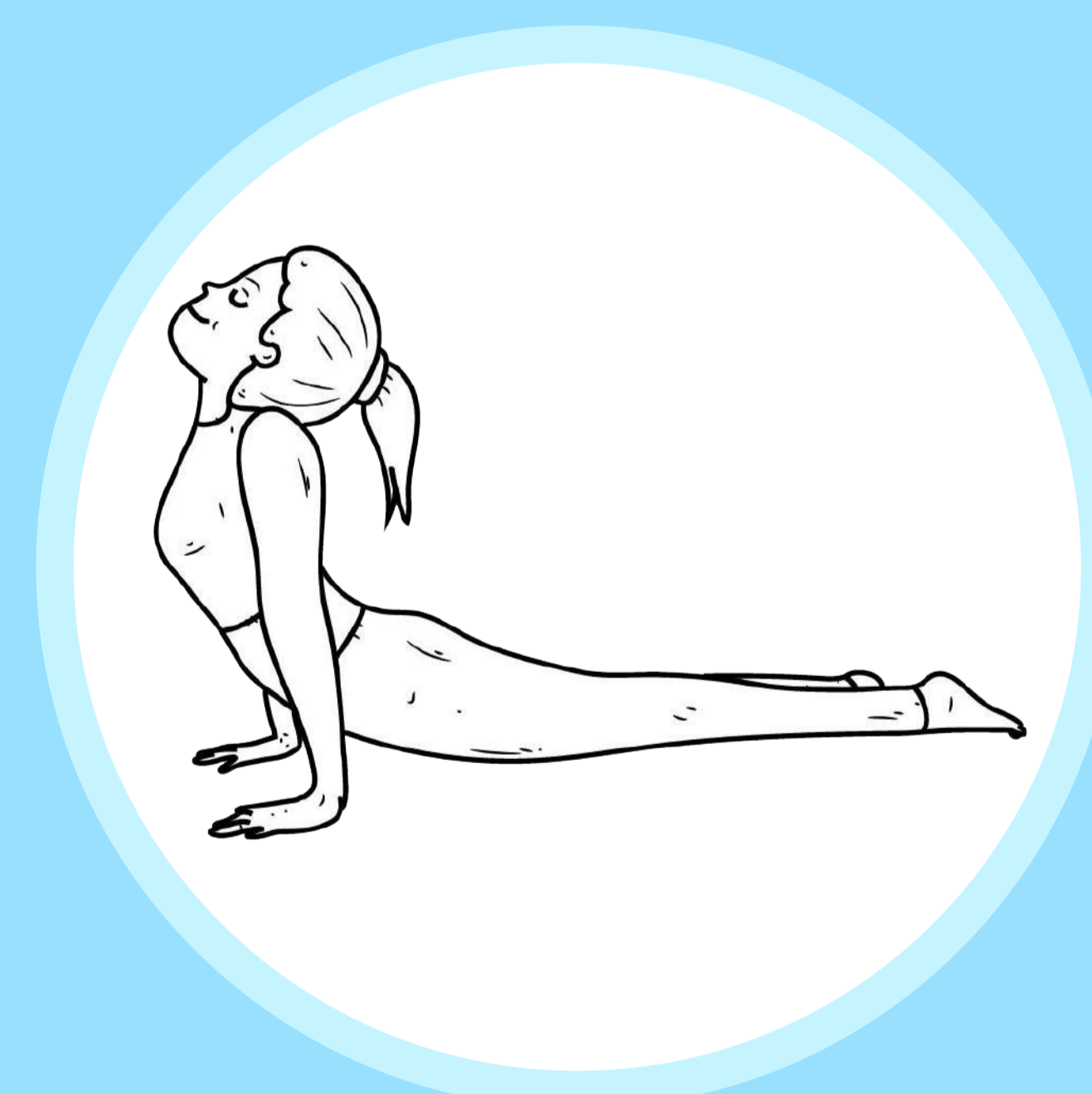
Viparīta Śālābhāsana
(reverse locust)



Halāsana
(plow)



Dhanurāsana
(bow)



Ūrdhva Mukha Śvānāsana
(upward dog)

Arthritis of the Shoulder Joints (p. 3 of 9)



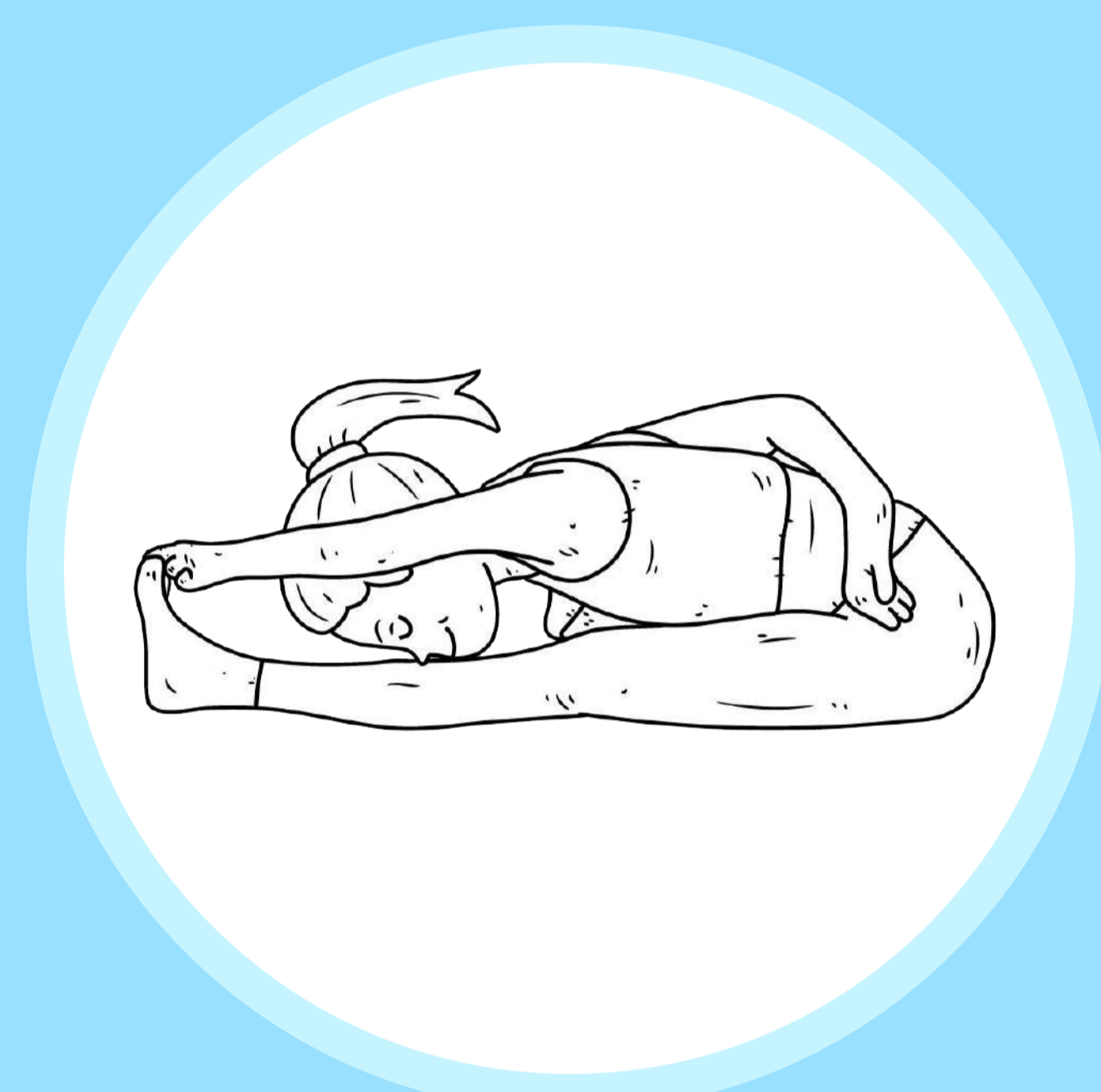
Adhomukha Śvānāsana
(downward dog)



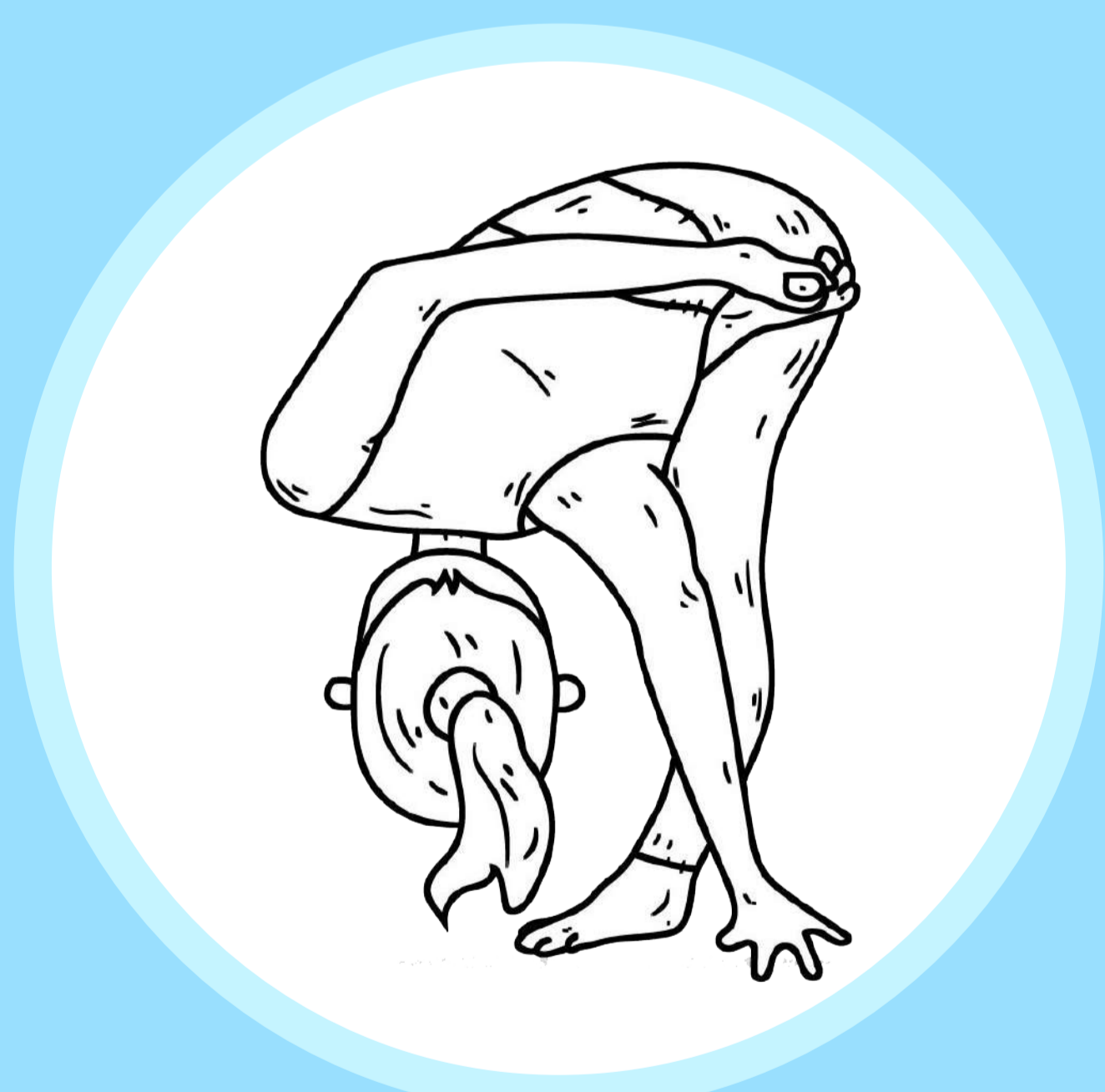
Vīrāsana
(hero)



Parvatāsana
(mountain)



Ardha Baddha Paschimottānāsana
(half bound lotus forward fold)



Ardha Baddha Padma
Paschimottānāsana
(half bound lotus standing
forward bend)



Paschimottānāsana
(staff)

Items to discuss with your doctor and consider learning from a qualified yoga instructor for

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(p. 4 of 9)



Gomukhāsana
(cow face)



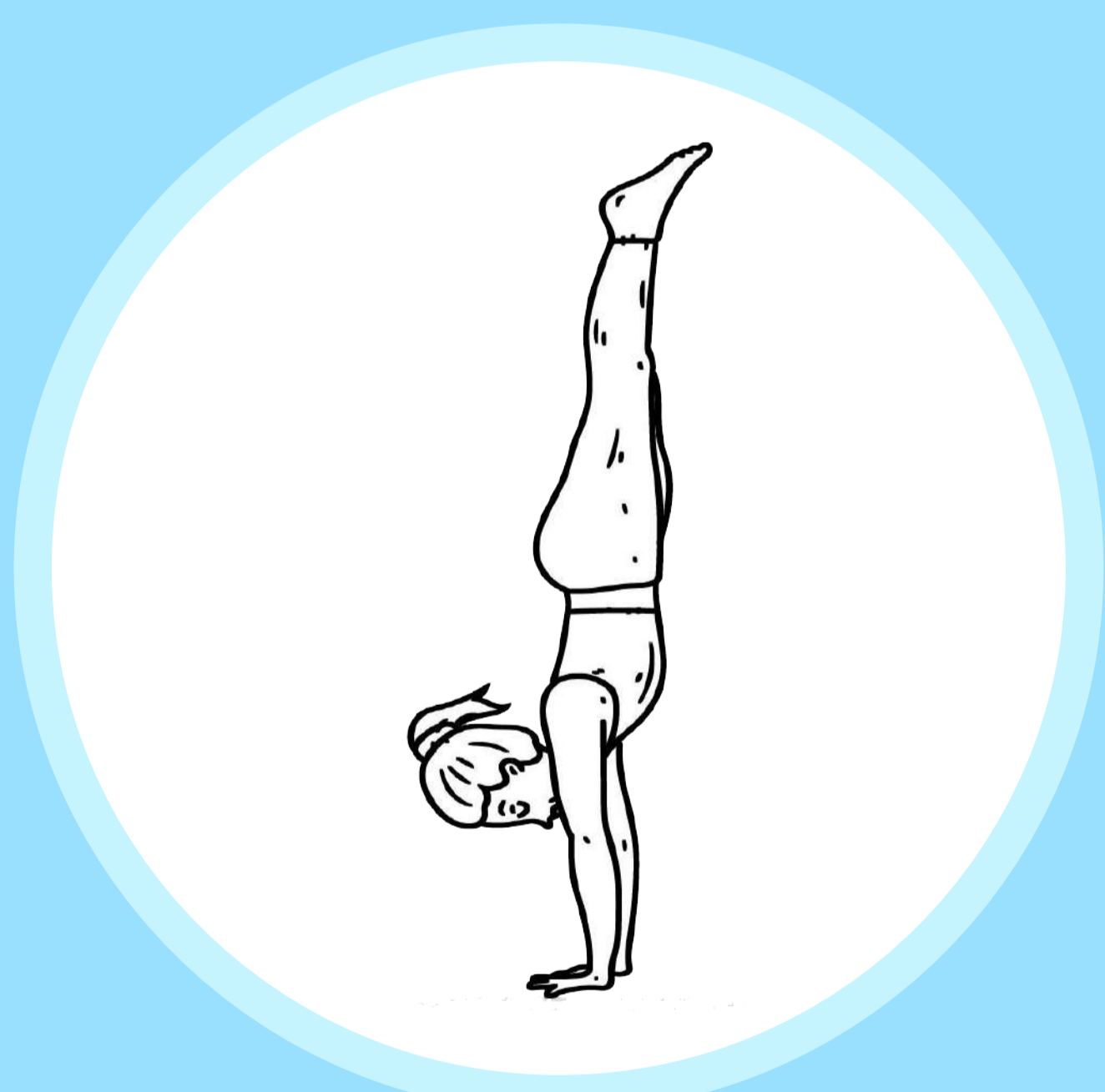
Baddha Padmāsana
(bound lotus)



Yoga Mudrāsana
(union seal)



Pincha Mayūrāsana
(peacock feather)



Adhomukha Vṛkṣāsana
(handstand)

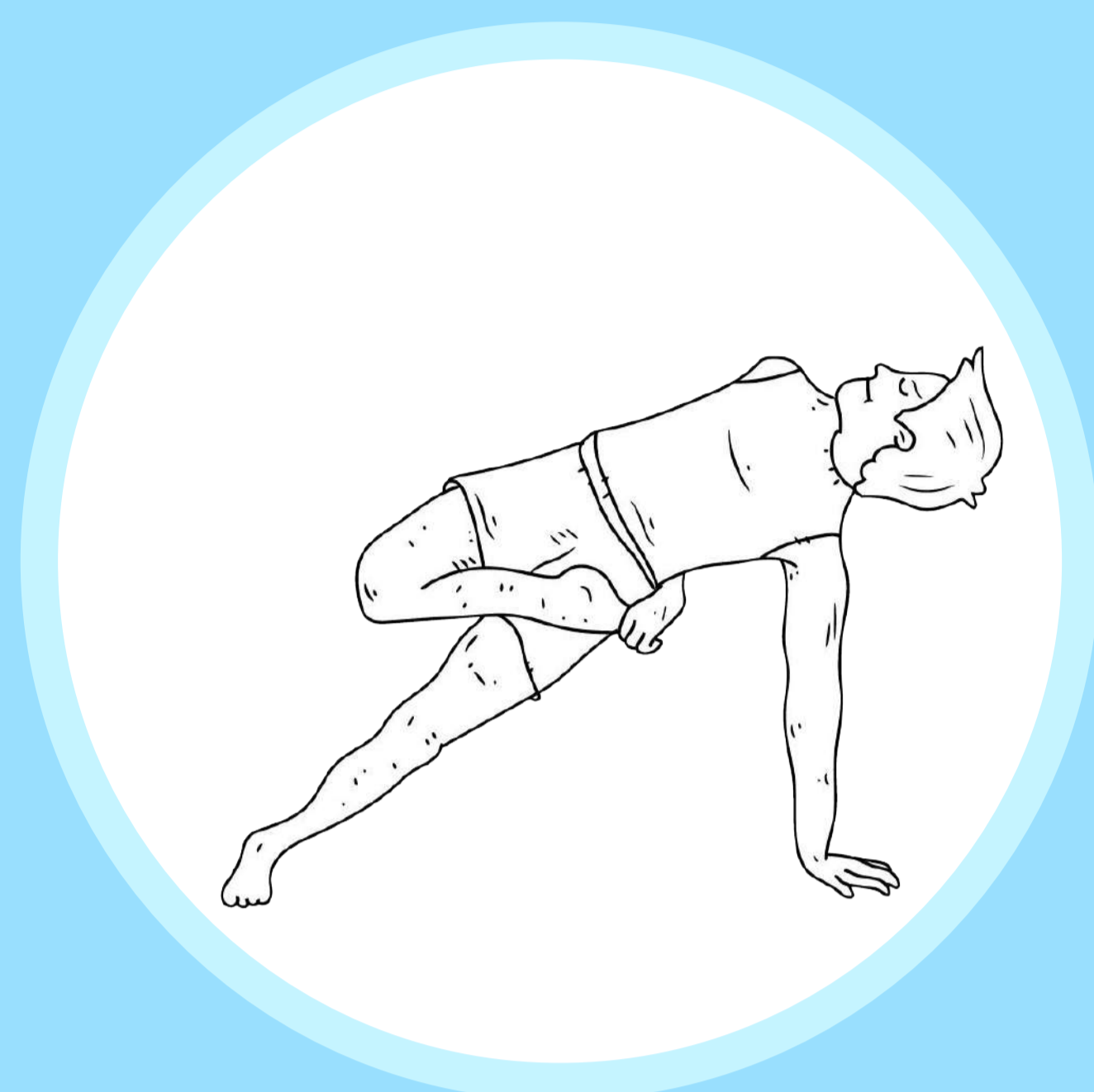


Vasiṣṭhāsana
(side plank)

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Arthritis of the Shoulder Joints

(p. 5 of 9)



Kaśyapāsana
(side plank with half lotus)



Viśvāmitrāsana
(sage ascending)



Bhujapīdāsana
(arm pressure)



Bakāsana
(crow)



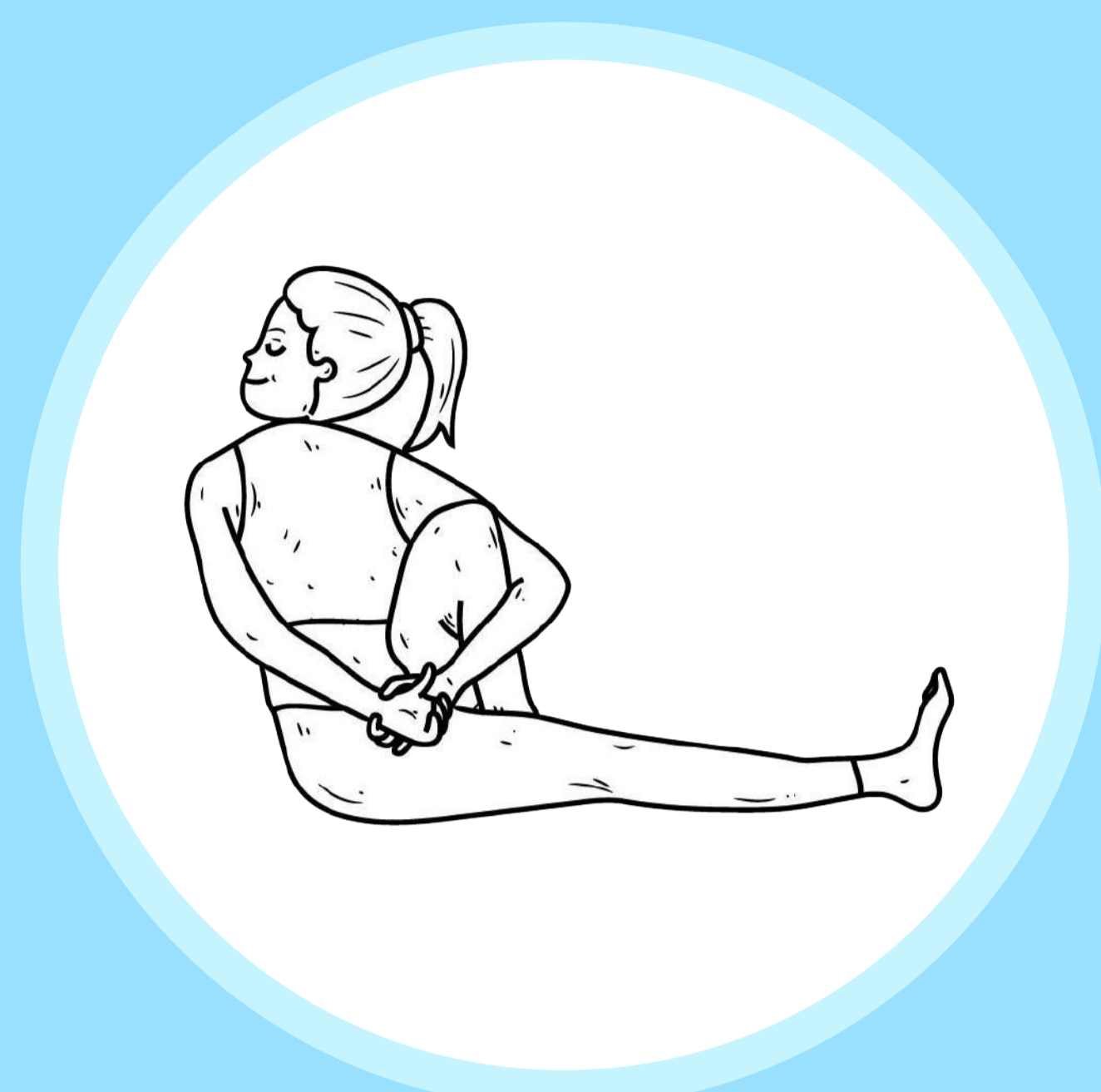
Ardha Marīchyāsana I
(bound forward fold)



Ardha Marīchyāsana II
(half lotus bound forward fold)

Arthritis of the Shoulder Joints

(p. 6 of 9)



Ardha Marichyāsana III
(bound twist)



Ardha Marichyāsana IV
(half lotus bound twist)



Bharadwājāsana I
(father of Drona)



Bharadwājāsana II
(father of drona)



Pāsāsana
(cord)



Uṣṭrāsana
(camel)

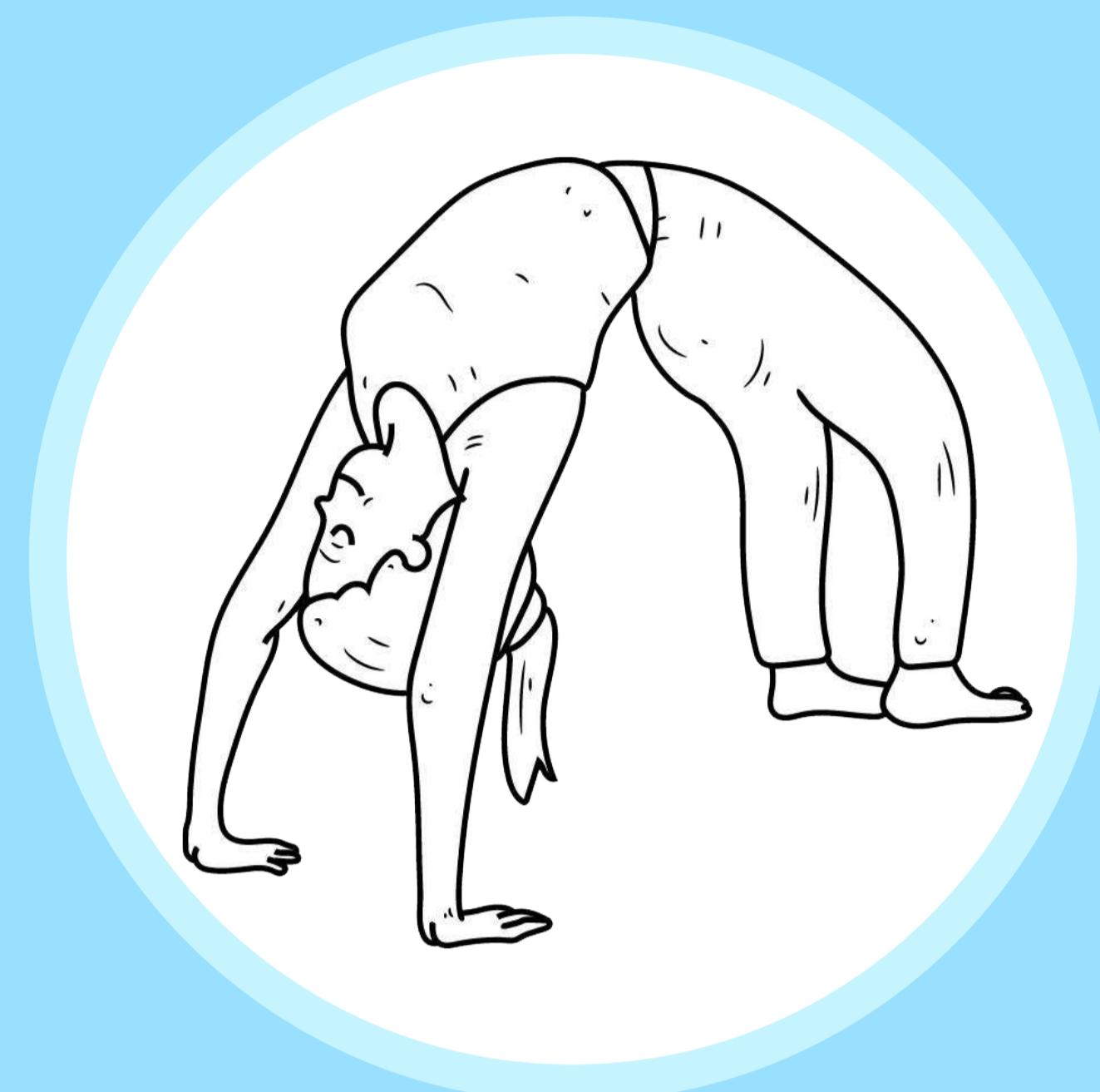
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Arthritis of the Shoulder Joints

(p. 7 of 9)



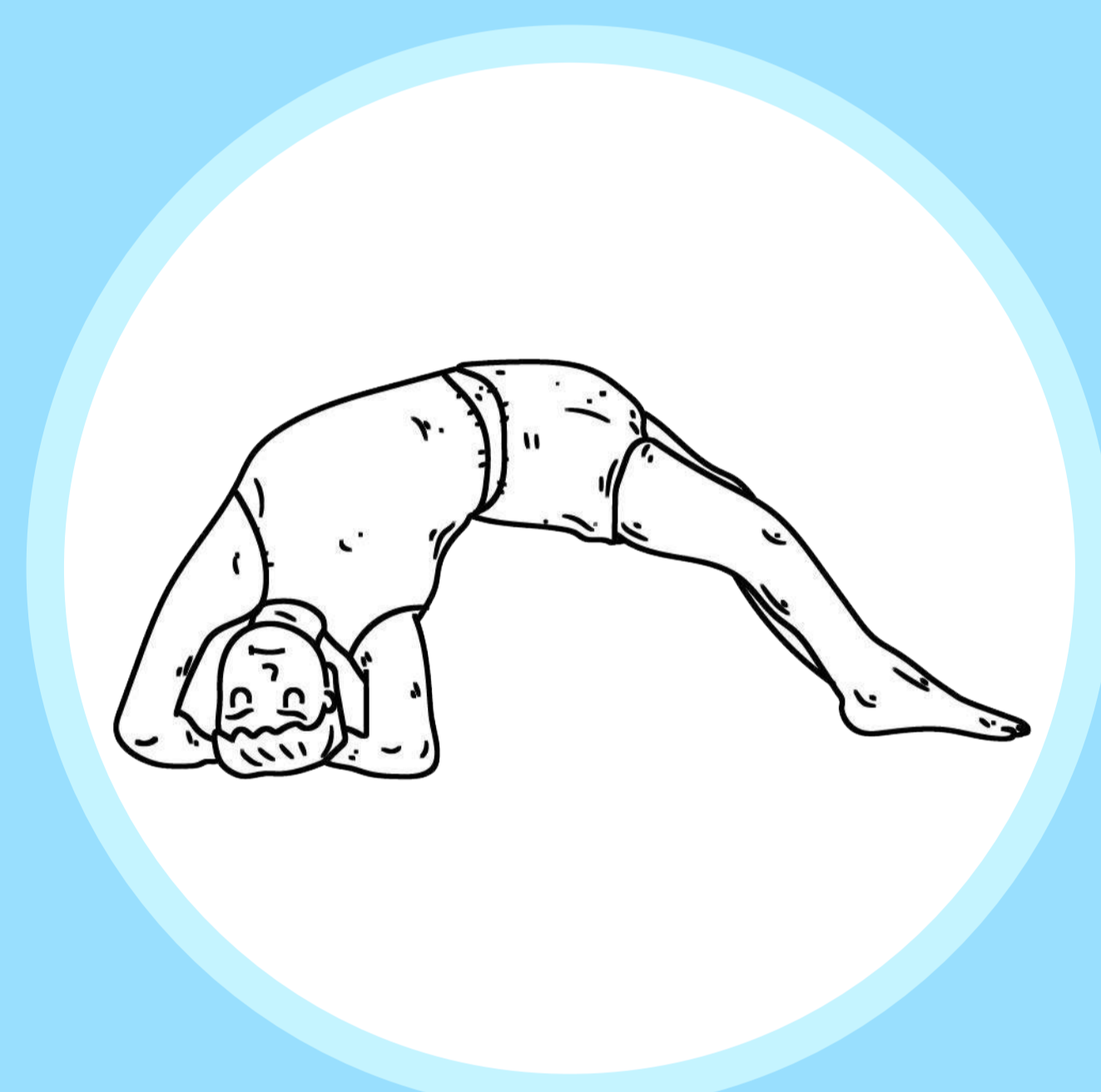
Yogadaṇḍāsana
(yoga staff pose)



Chakrāsana
(wheel)



Kapotāsana
(pigeon)



Maṇḍalāsana
(circle)



Pādānguṣṭha Dhanurāsana
(foot big toe boe)



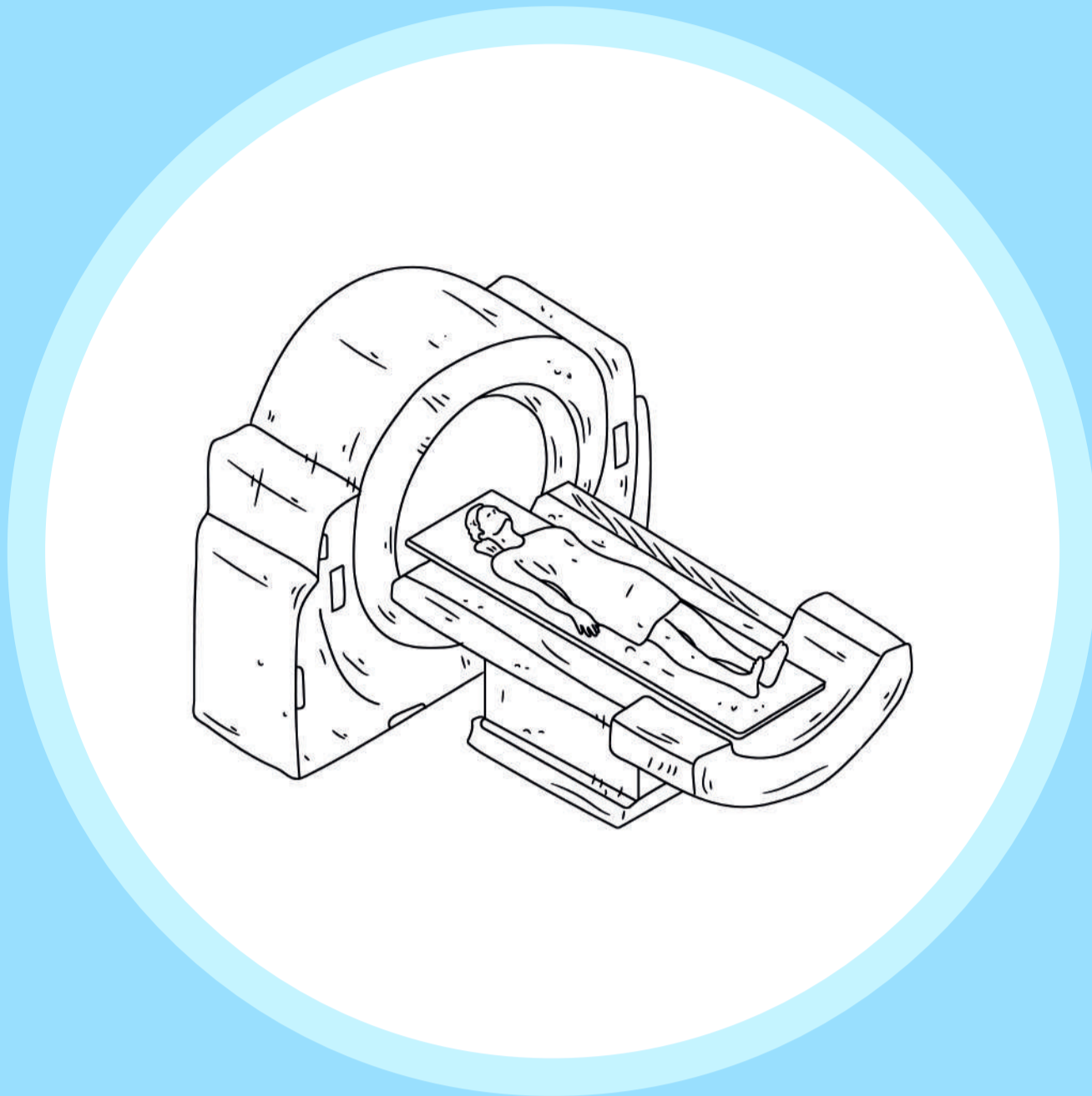
Find a Great PT

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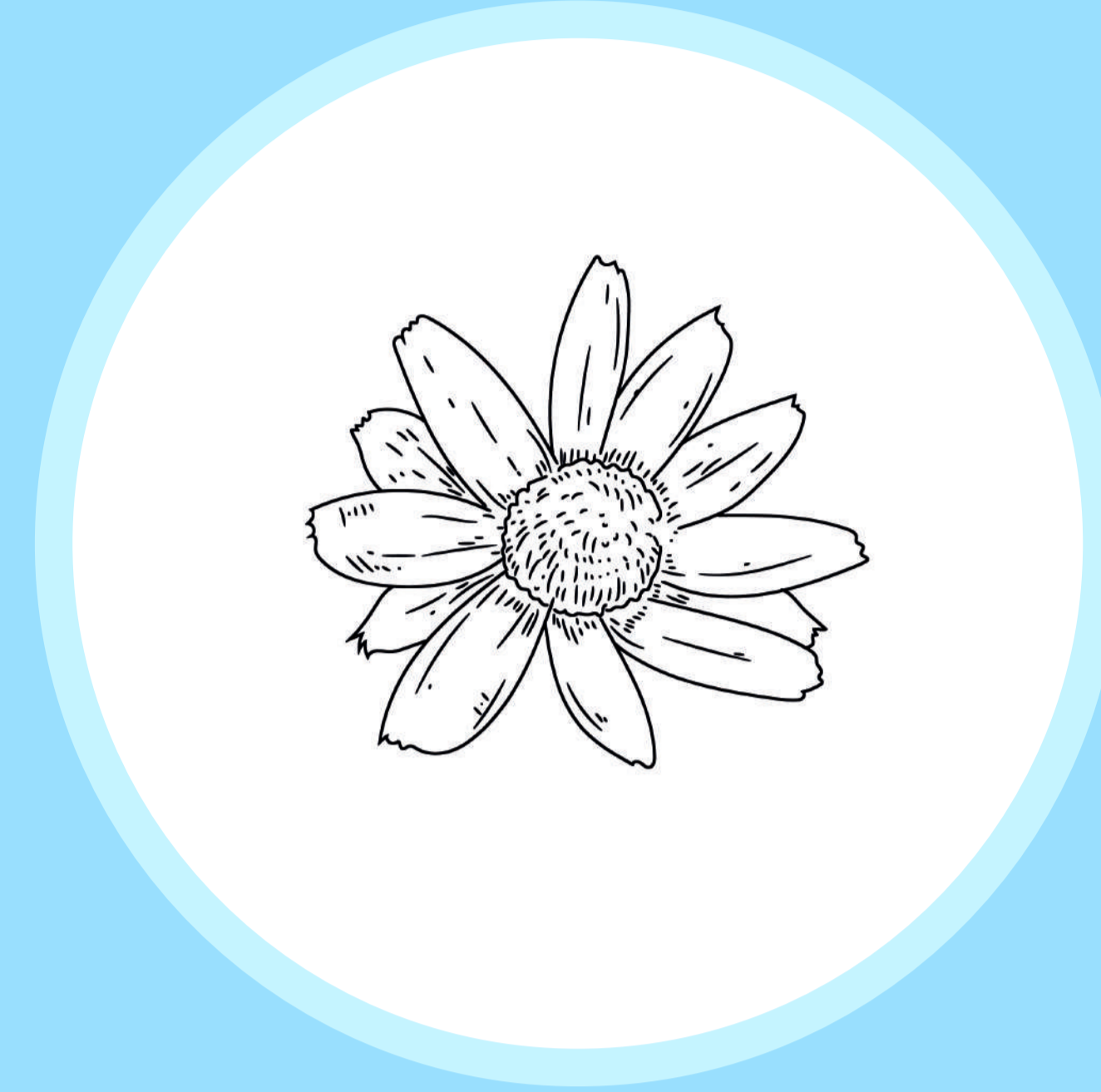
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Arthritis of the Shoulder Joints

(p. 8 of 9)



Get an MRI



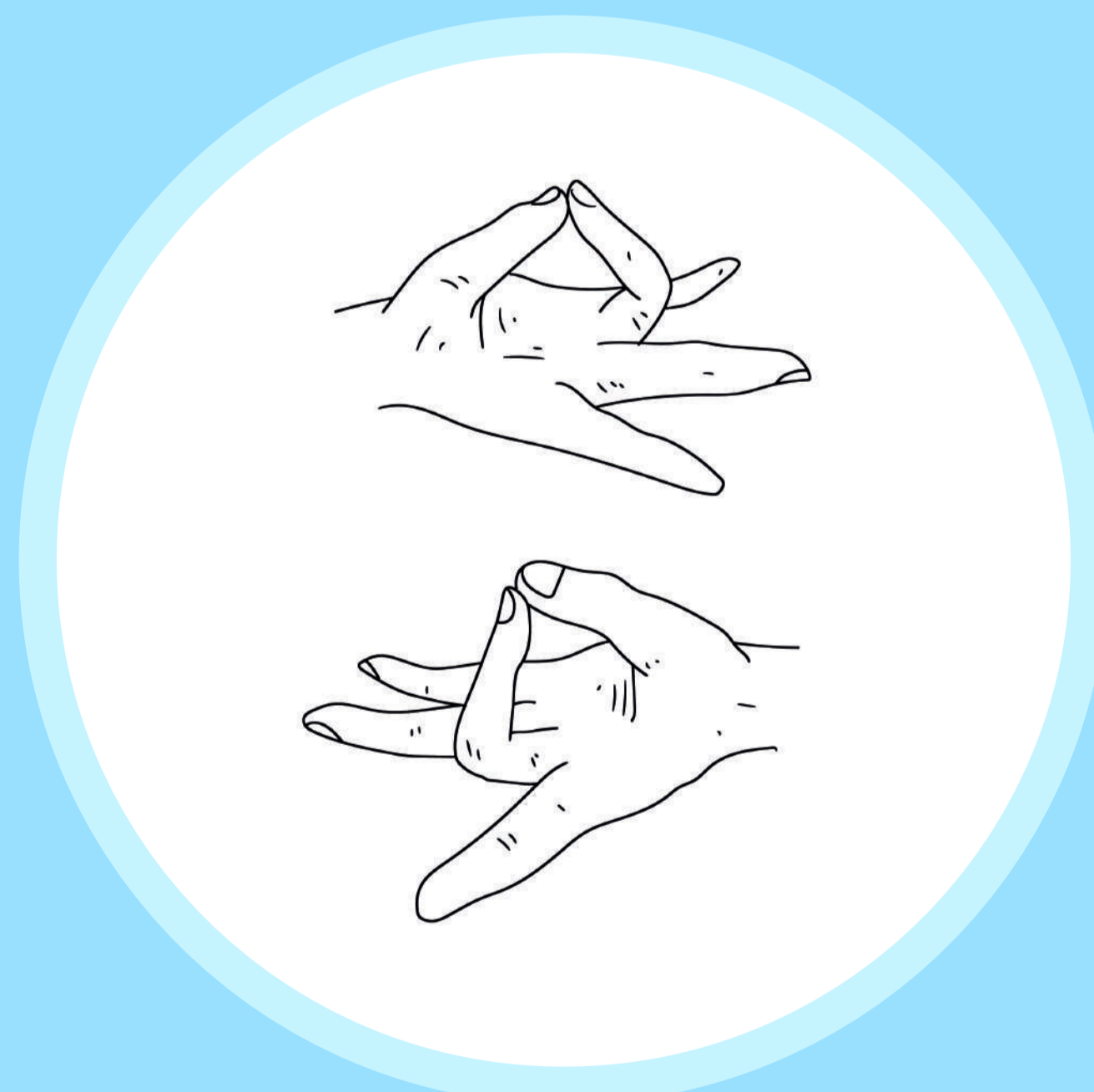
Arnica



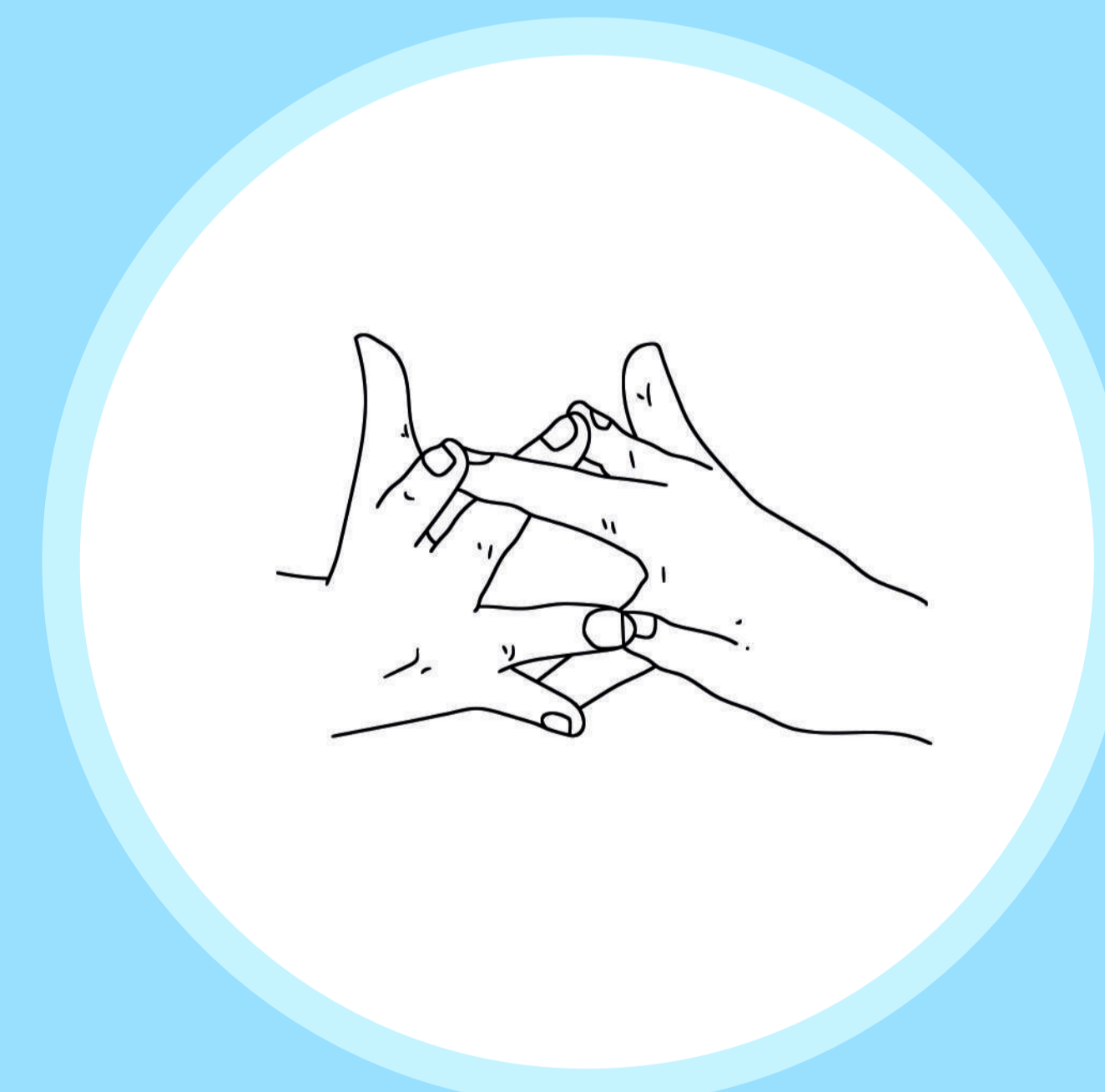
Comfrey



Green Tea



Joint Mudra

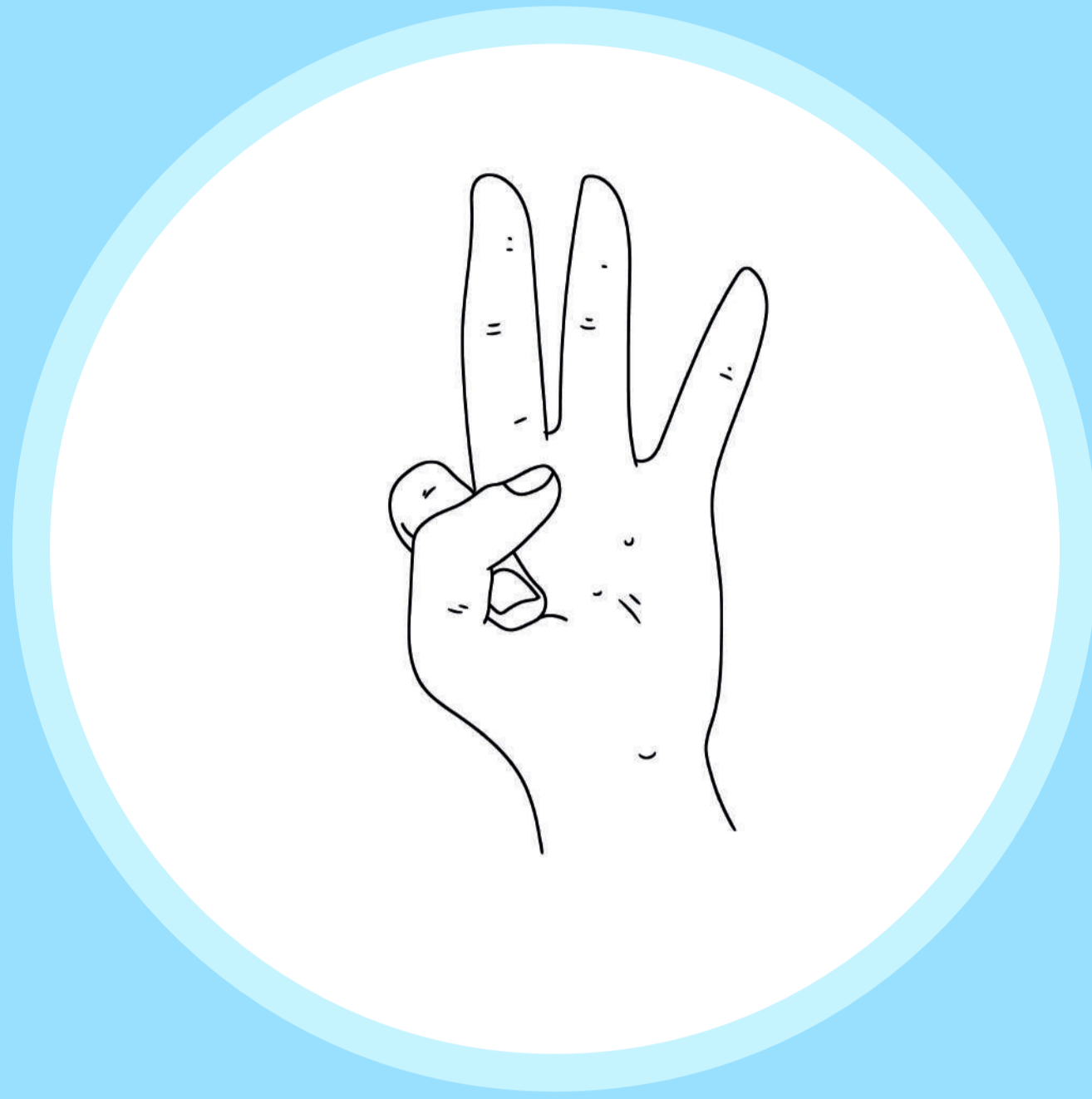


Surabhi Mudra

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Vayu Mudra



Urdhva Hastasana
(upward hands)



Garudāsana
(eagle)

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