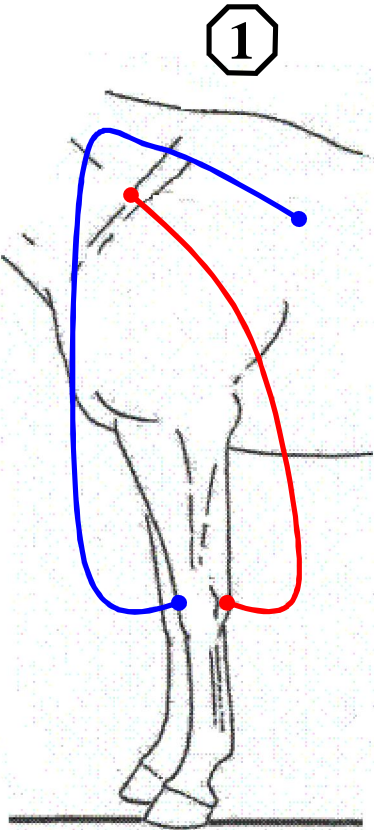
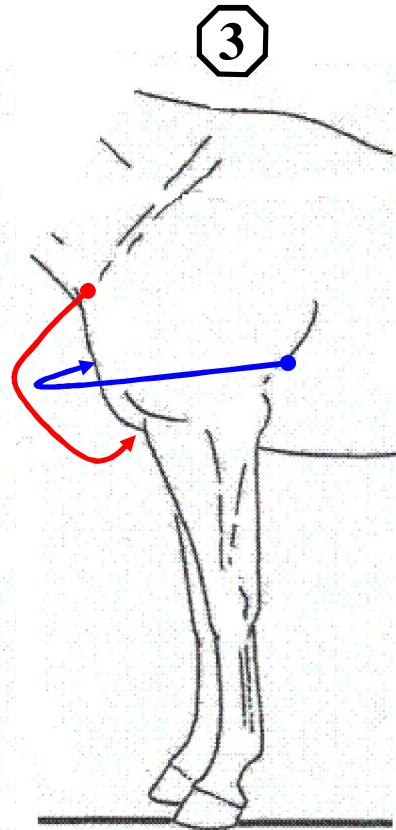
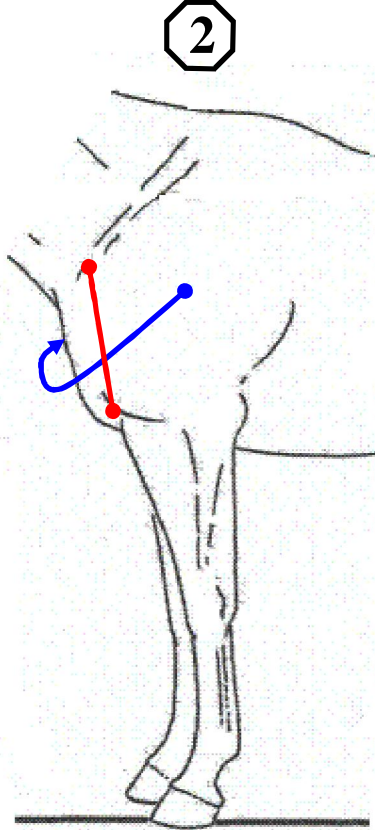


Shoulder Pain (Left)

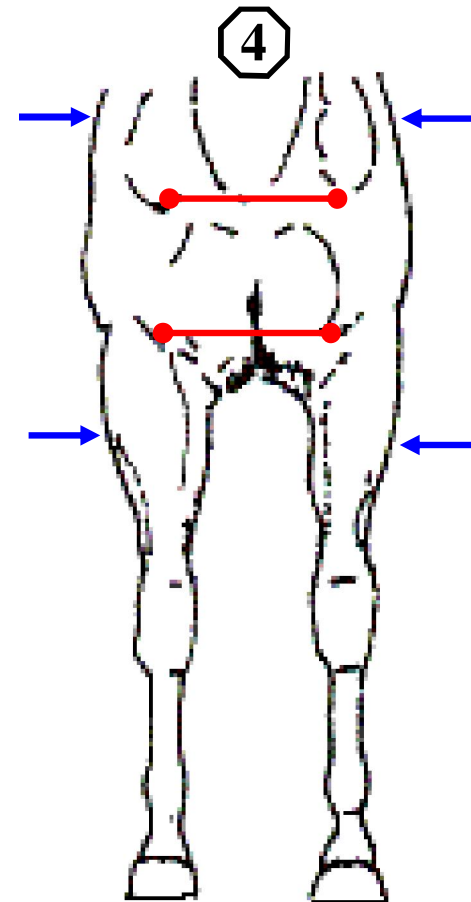
(After doing steps 1-3, repeat steps 1-3 on the opposite leg only once.)
If both sides are painful apply steps 1-3 to the left and right shoulder.



1. Large X: 20 seconds each.



2 & 3. Stars: 10 seconds each.
Do multiple stars all directions.
Repeat 2-3 times.



4. Connect the two sides: Probe
directly across from each other
10 seconds each.