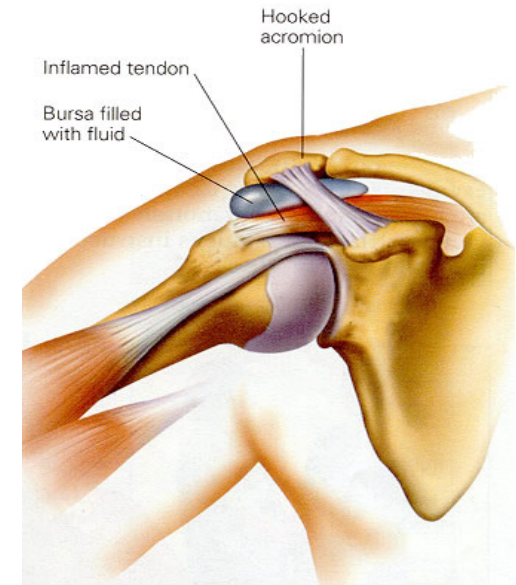


What is Shoulder Pain?

The shoulder is where your arm (humerus) attaches to your body as it connects with your shoulder blade (scapula). This joint is very mobile, allowing us to complete many different arm movements in our daily lives.

Unfortunately, as this joint is so mobile, it lacks stability and relies on many muscles for support. Therefore it is prone to injury from trauma and also overuse of surrounding muscles. Shoulder pain occurs frequently and there are many common causes. It is important to see your physiotherapist for an accurate diagnosis to ensure the best treatment. Here are some of the main causes of shoulder pain.



What causes Shoulder pain?

OVERUSE INJURIES:

Overuse shoulder injuries occur due to repetitive use. In many cases this is due to above shoulder height or across body use. You should also minimize the loads and forces in these positions.

TRAUMATIC INJURIES:

Trauma can cause internal damage to any of the shoulder structures. Typically detailed investigation, testing and imaging may be required to ascertain the extent of the injury and determine the appropriate management.



PHYSIOTHERAPY MANAGEMENT:

• Bursitis and Rotator Cuff Tendonopathy

The most common diagnosis in patients with shoulder pain is bursitis or irritation of the tendons attaching to the humerus, the rotator cuff.

• Rotator Cuff Tear

Rotator cuff tears occur due to ageing or trauma to these structure. Surgery is sometimes necessary for this condition if the tear is large, or causes functional issues and pain. Occasionally tears can be part of normal wear and can be managed conservatively or may even not be related to any shoulder problems.

• Frozen Shoulder

Also called 'adhesive capsulitis'. This is a common condition that leads to stiffness of the joint. Physical therapy and stretching are extremely important aspects of treatment.

• Calcific Tendinitis

Calcific tendinitis is a condition where calcium deposits form within a tendon – most commonly within the rotator cuff tendons. Treatment of calcific tendonitis depends on the extent of symptoms.

• Shoulder Instability

Instability is a problem that causes a loose joint. Instability can be caused by a traumatic injury (dislocation), or may be a developed condition, from repetitive activity.

• Shoulder Dislocation

A dislocation is an injury that occurs when the top of the arm bone becomes disconnected from the scapula.

• Shoulder Separation

Also called an AC separation, these injuries are the result of a disruption of the acromioclavicular joint. This is a very different injury from a dislocation!

• Labral Tear or Shoulder Rim Injury

There are several patterns of a torn labrum and the type of treatment depends on the specific injury.

• SLAP Lesion

The SLAP lesion is also a type of labral tear. The most common cause is a fall onto an outstretched hand.

• Arthritis

Shoulder arthritis is less common than knee and hip arthritis, but when severe may require joint replacement surgery.

• Biceps Tendon Rupture

The biceps tendon sometimes tear where it attaches to the upper arm

Physiotherapy Management

The shoulder complex does not only involve the glenohumeral joint (ball and socket) but the scapular and associated acromioclavicular and sternocostal joints have essential roles. Rehabilitation of the shoulder involves the restoration of "normal" range, attainment of rotator cuff stability and strength and global muscle retraining. A large emphasis of many programs also addresses the scapular stability and timing of the movements of the shoulder as it moves on the chest wall.

Rehabilitation may involve:

- Hydrotherapy
- Shoulder strengthening exercises
- Pilates
- Post operative mobilization
- Manual therapy
- Pulley exercises
- Inversion exercises and RedCord

Your Problem is:

.....

Specific Advice:

1.

2.

3.

- ☐ Exercises
- ☐ Hydrotherapy
- ☐ Specialist review

- ☐ Manual therapy
- ☐ Strength work
- ☐ Conditioning

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SHOULDER PAIN

Helpful Hints



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