

## How Can Physiotherapy Help

- Physiotherapists are specifically trained in musculoskeletal assessment. This makes them the ideal health professionals to treat injuries or problems with joints, bones, muscles, tendons and ligaments. They can recognize contributing factors to shoulder pain.
- After a detailed **assessment**, a **treatment plan** would be designed, to meet the needs and goals of the client. This may include:

### Education

- of condition and contributing factors
- of proper posture ie-activities such as reaching, lifting, carrying
- on prevention of re-injury

### Exercises

- stretching, specific strengthening for stabilizer muscles (rotator cuff) as well as moving muscles, proprioception (to allow the shoulder to respond quickly and appropriately) – may use biofeedback to help learn proper body mechanics

### Manual Therapy

- techniques to help assist the body to loosen and promote proper healing of specific tissues such as fascia, muscle, ligaments, nerve, bones and joints.

### Modalities

- machines used to help decrease pain/swelling and promote healing

**For more information or, should you require physiotherapy treatment, please contact**

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# Shoulder Pain



## What You Should Know

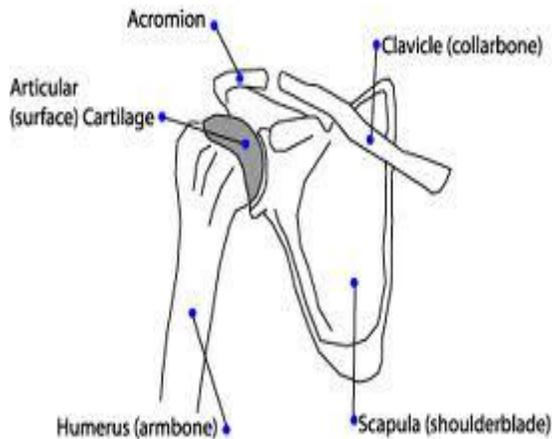
**Look inside to see how Physiotherapy can help you to..**

- Regain full function and prevent injury
- Alleviate pain and restore mobility

## Explaining The Shoulder Joint

The shoulder joint is the most flexible joint in the body and allows us to do many different activities.

Because it is so flexible, it relies on a combination of muscles to keep the joint stable.



The rotator cuff muscles are responsible for keeping the humerus in proper contact with the shoulder blade. Other muscles keep the shoulder blade and clavicle in proper position on the rib cage and the abdominal, back and hip muscles keep the ribs and spine in a good position under the shoulder.

If any of these muscles are stiff or weak, it can affect the balance at the shoulder joint, producing abnormal strain on various tissues.

Tissues that can be damaged include:

- tendons (tendonitis)
- bursa (bursitis)
- joints (dislocations, arthritis impingements)
- bones (spurs)
- nerve compression or traction (at the neck or shoulder)
- fascia and muscle, (sprains and tears)

These tissues can be strained independently, but it often will be in combination. Sometimes the shoulder will lock up in response to strain producing a “**frozen shoulder**”. All of these problems will cause pain, swelling and difficulty using your arm.

Some injuries/pains are more difficult to heal, with surgery being necessary in some instances. As the causes of pain can be complicated, it is important to address contributing factors to prevent reinjury.

Pain in the shoulder can be caused from a variety of conditions including a pinch nerve and cardiac ailments



## Tips to Prevent Shoulder Pain

- warm up before activity
- ensure good flexibility throughout the shoulder, arm and spine (ie – if your neck is stiff, loosen it rather than moving improperly at the shoulder)



- ensure good spinal positioning/stability with activities (ie-don't let your back arch when reaching overhead or don't 'hike' your shoulder when carrying things, don't let your shoulder drop forward)
- get prompt attention to problems rather than compensating from other joints
- use proper positioning for activities requiring your arm to be in one position for extended periods (ie- computer work, working overhead)