

Shoulder Pain

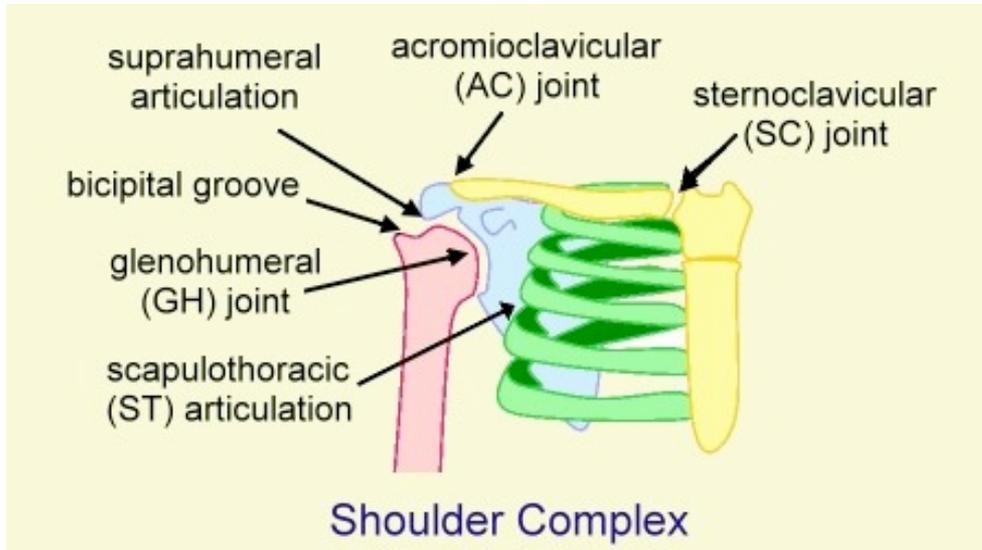
Paul Kudlick SPT



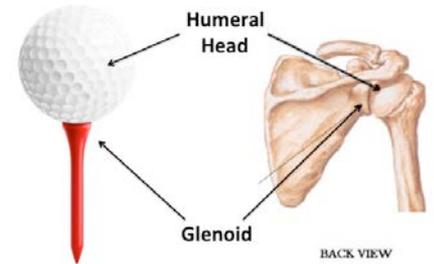
Facts

- ◆ Injury is associated with shoulder pain in about 1 of 3 office visits
- ◆ Only about 50% of shoulder complaints show a complete recovery within 6 months
- ◆ 3rd most common cause of musculoskeletal pain consultation
- ◆ Annual medical care costs over \$7 billion
- ◆ Account for 1 in 40 primary care physician visits
- ◆ Account for about 13% of sick leave from work

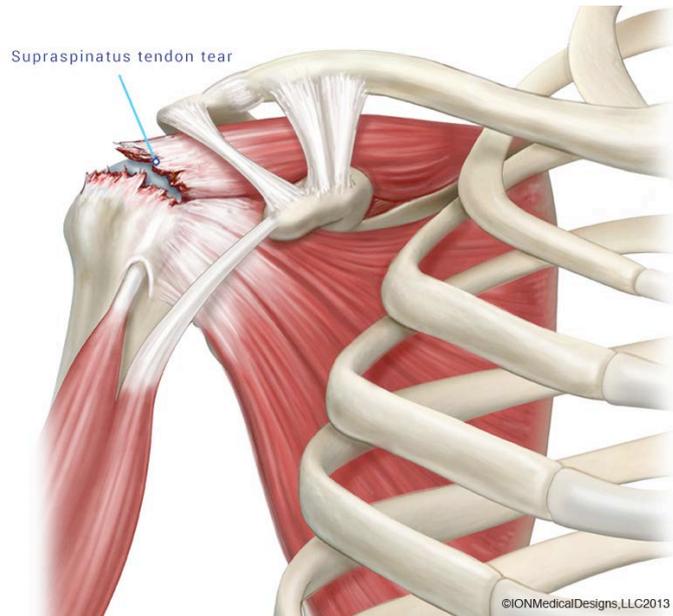
Basic Anatomy



- Most mobile joint in the body
- Very unstable
- 4 joints
- Synergy

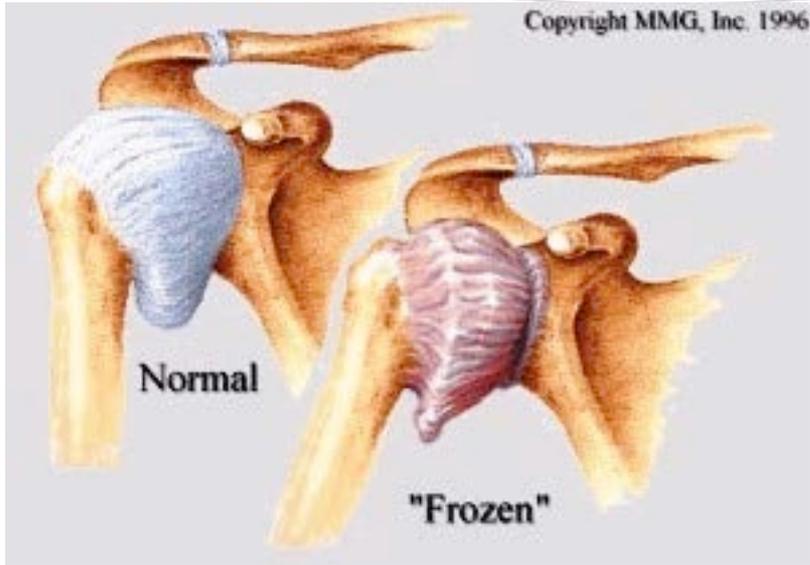


Common Injuries: Rotator Cuff



- Rotator cuff tear
- Impingement
- Tendonitis

Common Injuries: Glenohumeral Joint



Adhesive capsulitis (“Frozen Shoulder”)

Labrum tear

Osteoarthritis

Common Injuries: Referred Neck Pain



- ◆ Spinal disk bulge
- ◆ Impinged nerve
- ◆ Trigger points

Other Causes

- ◆ Cardiac/Heart Attack
- ◆ Lung pathology
- ◆ Liver disease
- ◆ Cancers (multiple)
- ◆ Ruptured spleen
- ◆ Gallbladder disease
- ◆ Upper UTI
- ◆ Peptic ulcer
- ◆ Gout
- ◆ Kidney disease

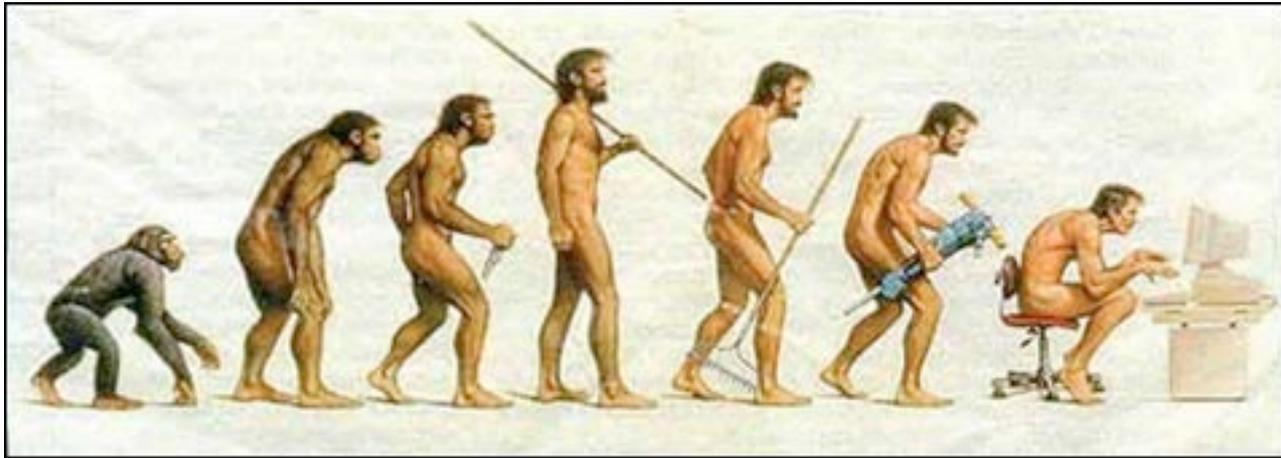
Treatment Options

- ◆ Rest
- ◆ Physician
- ◆ Physical Therapy?
- ◆ Do I need surgery?!



Avoiding Shoulder Pain

💧 FIX YOUR POSTURE!



Avoiding Shoulder Pain



Posture

Lift the phone, don't drop your head!



- ◆ Average American spends 4.7 hours per day on their smart phone.

Exercises for Posture



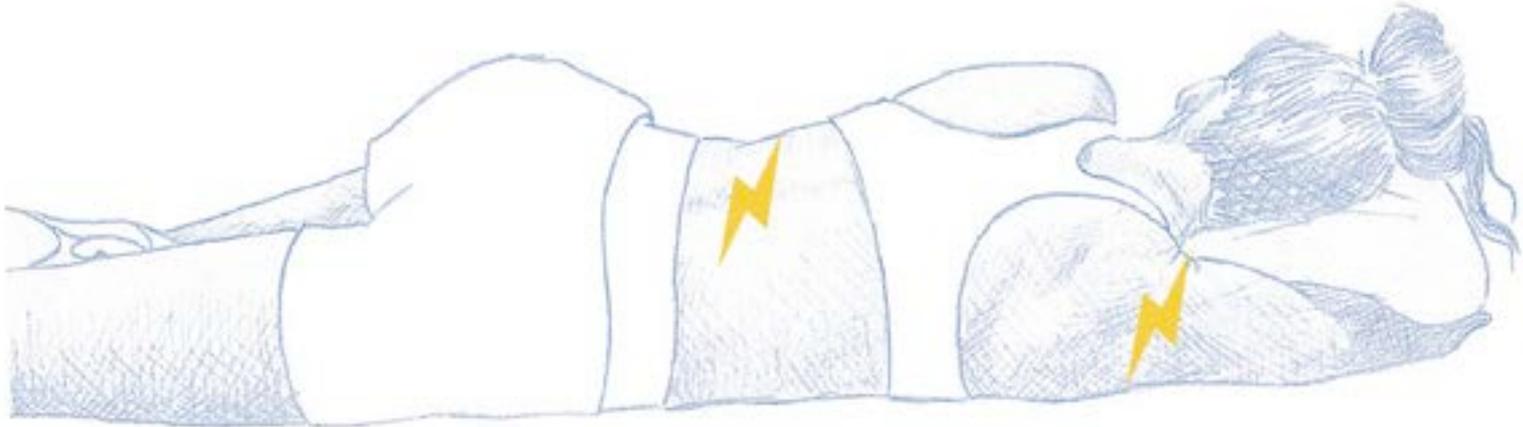
Activity Modification



- Avoid repetitive overhead activities
- Frequent breaks

Sleeping Positions to Avoid

- ◆ Any position that places the elbow above the head



Sleeping Positions with Pain



Using a pillow to support your arm can reduce rotator cuff pain at night.

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Warm-Up Exercises



Questions?

It's a Stretch



"Yup, it's definitely a case of frozen shoulder."