

TAKING CARE OF YOUR SHOULDER

CAUSES SHOULDER PROBLEMS

- **Impingement:** refers to a condition, sometimes painful, in which the shoulder joint lacks enough room to function properly
- **Trauma** comes in two varieties: microtrauma and macrotrauma.
Microtrauma is common in everyday life. Both movements inflict microscopic tears to the soft tissue around our shoulders; can cause problems over time
Macrotrauma is the result of violent force, with falls and sports injuries being the most common causes.

...MORE CAUSES OF SHOULDER PROBLEMS

- ▶ **Aging process** After age 30, our muscles and tendons begin to experience structural weakening. Conservative treatment of tendinitis at an early age is crucial.
- ▶ **Rotator cuff injuries** Tears can result from progressive worsening of tendinitis, repetitive strain through overuse, or trauma.
- ▶ **Bursitis** Inflamed bursa sacs may become thickened and reduce the “free” space in the joint, restricting movement.
- ▶ **Subluxation** Quick, spontaneous “pop-in/pop-out” or partial dislocation of the shoulder joint; contributes to wear and tear
- ▶ **Dislocations** Far more serious, involving tissue damage, stretching, and tearing

A PHYSICAL THERAPIST’S PERSPECTIVE

WHAT YOU NEED TO KNOW

- SHOULDER JOINT IS CAPABLE OF WIDER AND MORE VARIED RANGE OF MOTION THAN ANY OTHER JOINT
- CERTAIN ATHLETES ARE AT HIGHER RISK FOR SHOULDER PROBLEMS
- PHYSICAL THERAPY PLAYS AN INTEGRAL ROLE IN REHABILITATION PROCESS

SHOULDER ANATOMY

- THREE MAIN JOINTS: GLENOHUMERAL, ACROMIOCLAVICULAR, SCAPULOTHORACIC
- ROTATOR CUFF PROVIDES MAJOR SOURCE STABILITY
- TENDONS ATTACH MUSCLES TO BONES.
- BURSA SACS CUSHION JOINTS AND HELP MINIMIZE FRICTION



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HOW PHYSICAL THERAPY CAN HELP

SURGERY

- YOUR PHYSICAL THERAPIST WILL WORK WITH YOU BEFORE AND AFTER SURGERY
- GUIDE YOU THROUGH PROGRAM TO HELP INCREASE STRENGTH AND REGAIN MOTION
- TOP PRIORITY TO GET YOU GOING AGAIN AS SOON AS POSSIBLE AFTER SURGERY

FAST RECOVERY

- MINIMIZES MUSCLE WEAKENING AND ATROPHY
- PREVENTS WEAKENING OF BONES AND JOINT CARTILAGE
- REDUCES SOFT TISSUE SCARRING

GOALS ARE MET:

- PHYSICAL THERAPIST WILL ENSURE YOU HAVE THE SKILLS YOU NEED TO PREVENT REINJURY/DISABILITY



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