

The background of the slide is a grayscale anatomical illustration of a human shoulder joint. It shows the humerus, scapula, and clavicle bones, along with the surrounding muscles and ligaments. Various parts of the joint are labeled with letters and numbers, such as 'A', 'B', 'C', 'D', 'E', 'F', 'G', 'H', 'I', 'J', 'K', 'L', 'M', 'N', 'O', 'P', 'Q', 'R', 'S', 'T', 'U', 'V', 'W', 'X', 'Y', 'Z', '1', '2', '3', '4', '5', '6', '7', '8', '9', '10', '11', '12', '13', '14', '15', '16', '17', '18', '19', '20', '21', '22', '23', '24', '25', '26', '27', '28', '29', '30', '31', '32', '33', '34', '35', '36', '37', '38', '39', '40', '41', '42', '43', '44', '45', '46', '47', '48', '49', '50', '51', '52', '53', '54', '55', '56', '57', '58', '59', '60', '61', '62', '63', '64', '65', '66', '67', '68', '69', '70', '71', '72', '73', '74', '75', '76', '77', '78', '79', '80', '81', '82', '83', '84', '85', '86', '87', '88', '89', '90', '91', '92', '93', '94', '95', '96', '97', '98', '99', '100'.

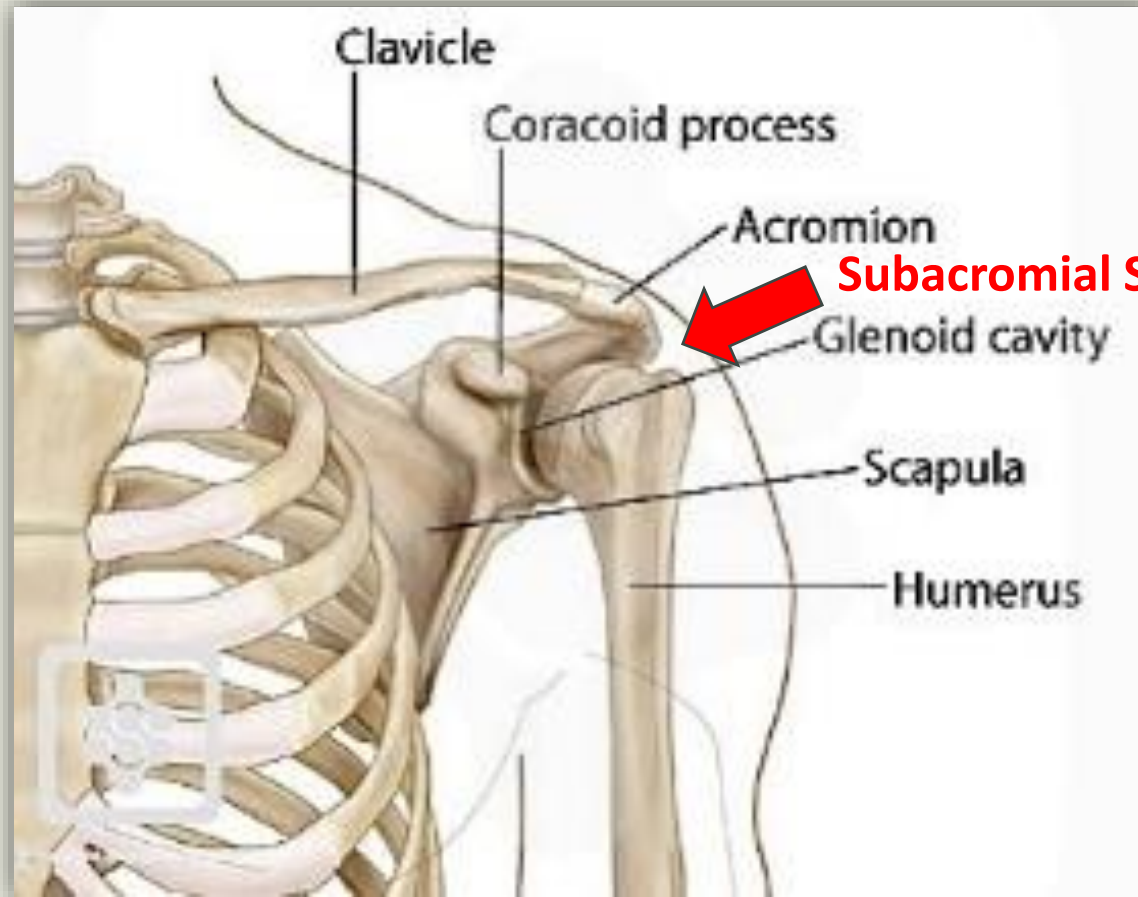
SIMPLE SOLUTIONS FOR SHOULDER PAIN

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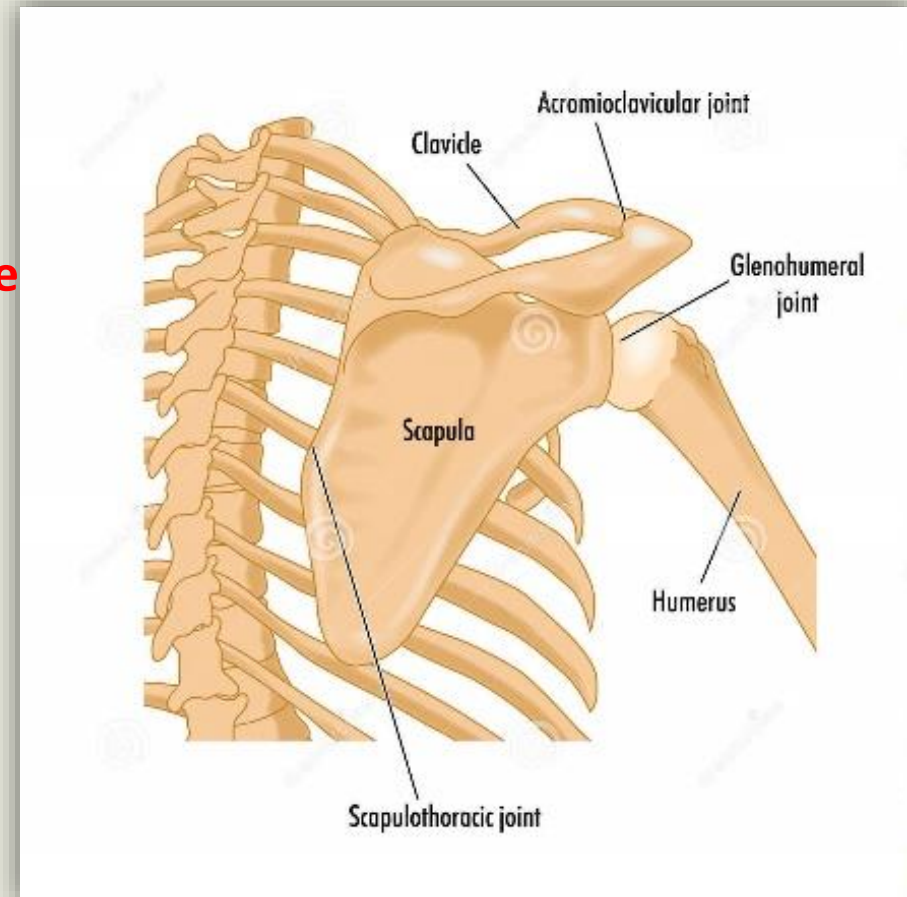
INTRODUCTION OF SPEAKER

- BSEE, 18 years in aerospace
- Fitness fanatic
- History of personal injury
- MSPT from UCF 2006
- Private practice

SHOULDER JOINT ANATOMY

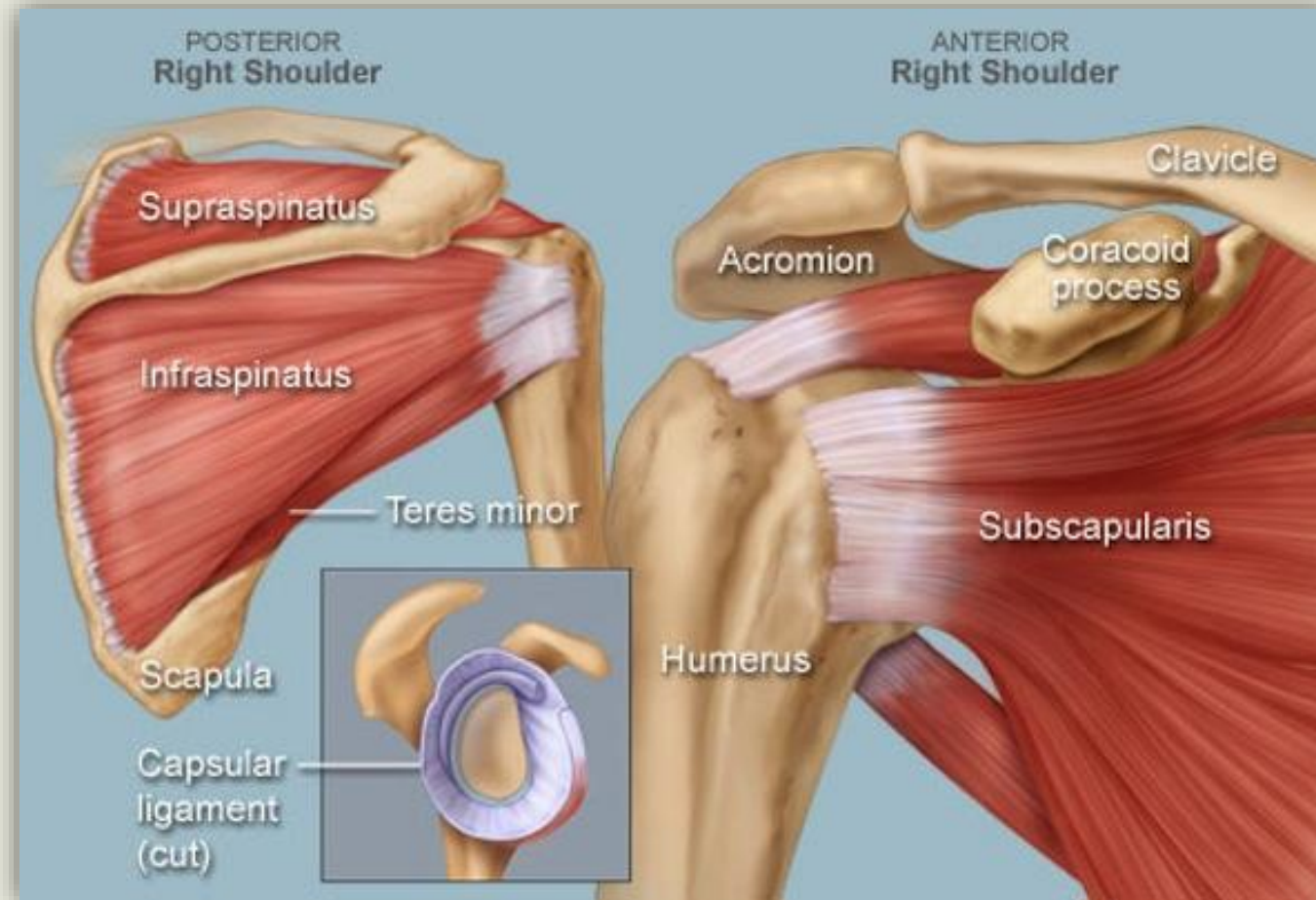


Front View



Rear View

ROTATOR CUFF (RC) MUSCLES



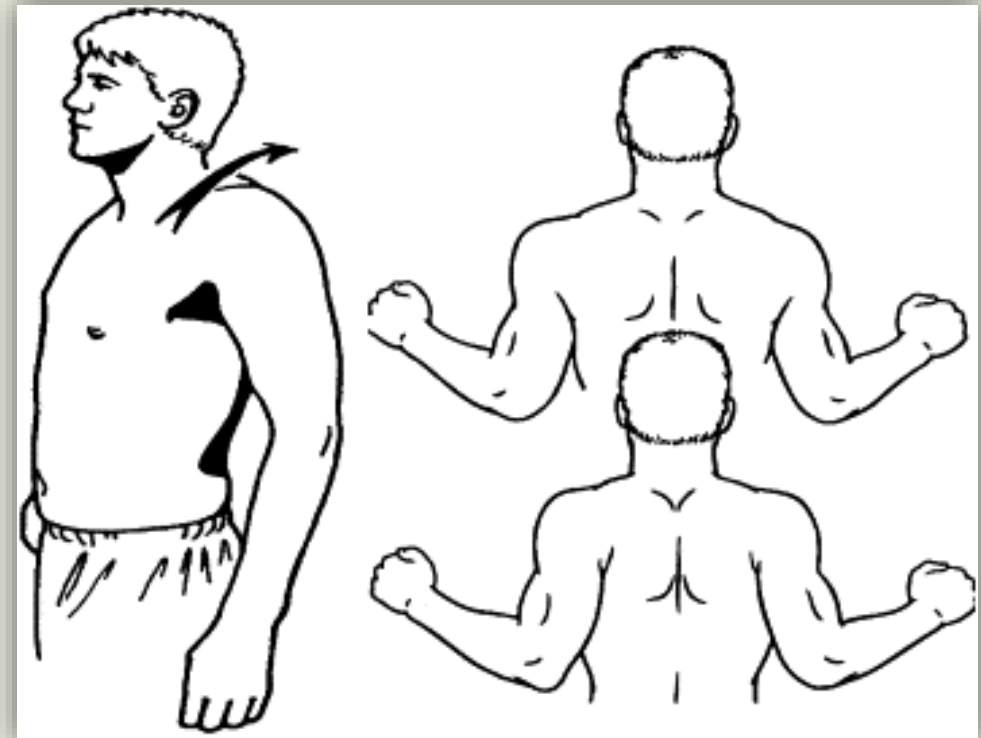
BASIC PRINCIPLES FOR MANAGING SHOULDER PAIN

- **Rest** shoulder as much as possible for 3 – 5 days after an injury
 - Length of rest depends on severity/chronicity of injury
 - Consider exacerbations of chronic conditions as new injury
 - Use Functional Pain Scale (FPS) to guide return to activity (pain < 5/10 to resume)
- **Ice** is your friend!
- **Avoid**/modify aggravating activities:
 - Repetitive overhead work
 - Root cause?
 - Sleeping on involved side
- **Postural awareness** and scapular setting
- Best general exercise for all conditions: Scap squeezes

SCAP SQUEEZES

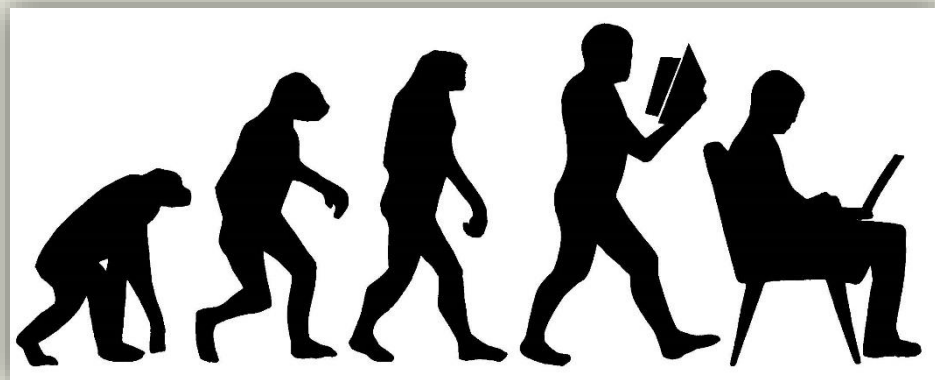
- Squeeze shoulder blades **together and down** like you're trying to put your elbows in your back pockets.
- Hold for 5 -10 sec
- Perform 10 – 15 reps up to 5 times per day.

KEEP YOUR SHOULDERS AWAY
FROM YOUR EARS!!!!!!



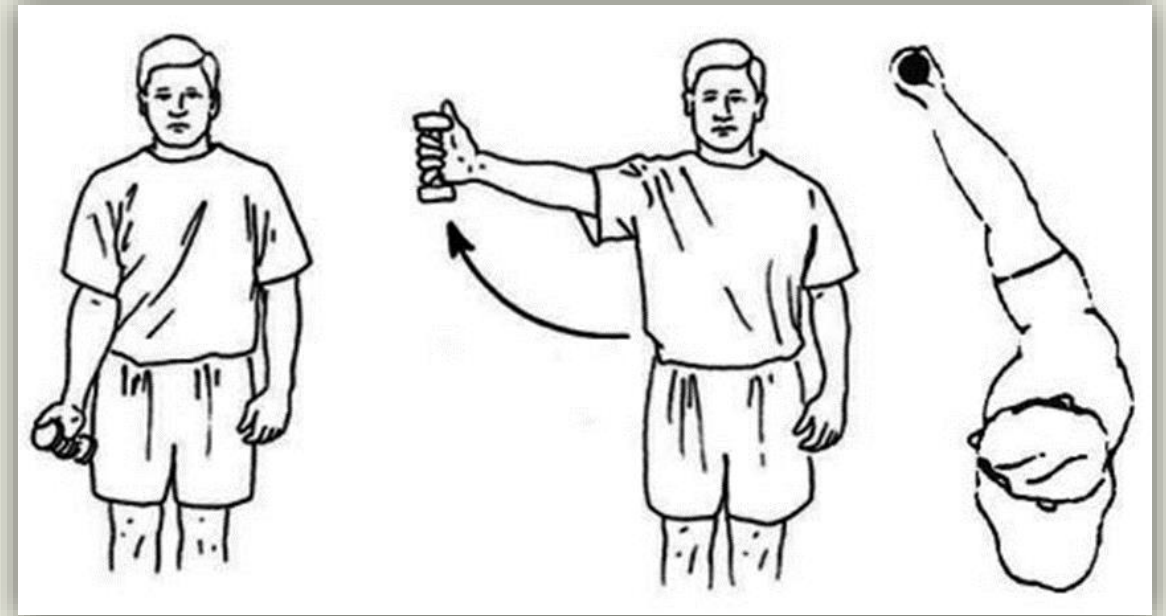
COMMON SHOULDER PROBLEMS

- Impingement/
Tendonitis/Bursitis
- Rotator Cuff Tears
- Instability/Labral Tears



IMPINGEMENT EXERCISES - FULL CAN

- Use 1-5 lb dumbbell or soup can, start light
- Perform 20 -30 reps
- Perform 3 – 5 sets once a day
- Do not go > shoulder height
- Emphasize control during lowering (eccentric) phase



IMPINGEMENT EXERCISES – SIDE LYING EXTERNAL ROTATION (SL ER)



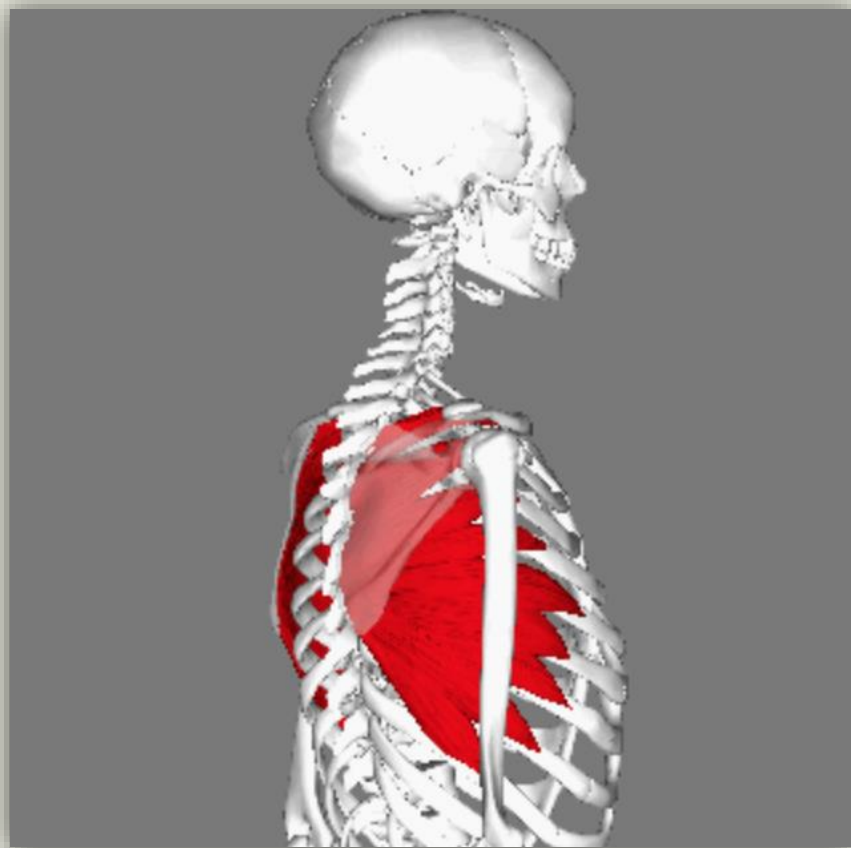
- Lie on unaffected side with towel roll under elbow and elbow flexed to 90 degrees, raise forearm as high as possible without pain.
- Use 1 – 3 lbs, starting light (soup can)
- Perform 20 – 30 reps
- Perform 3-5 sets once a day
- Emphasize lowering (eccentric) phase

IMPINGEMENT EXERCISES – SIDE LYING INTERNAL ROTATION (SL IR)

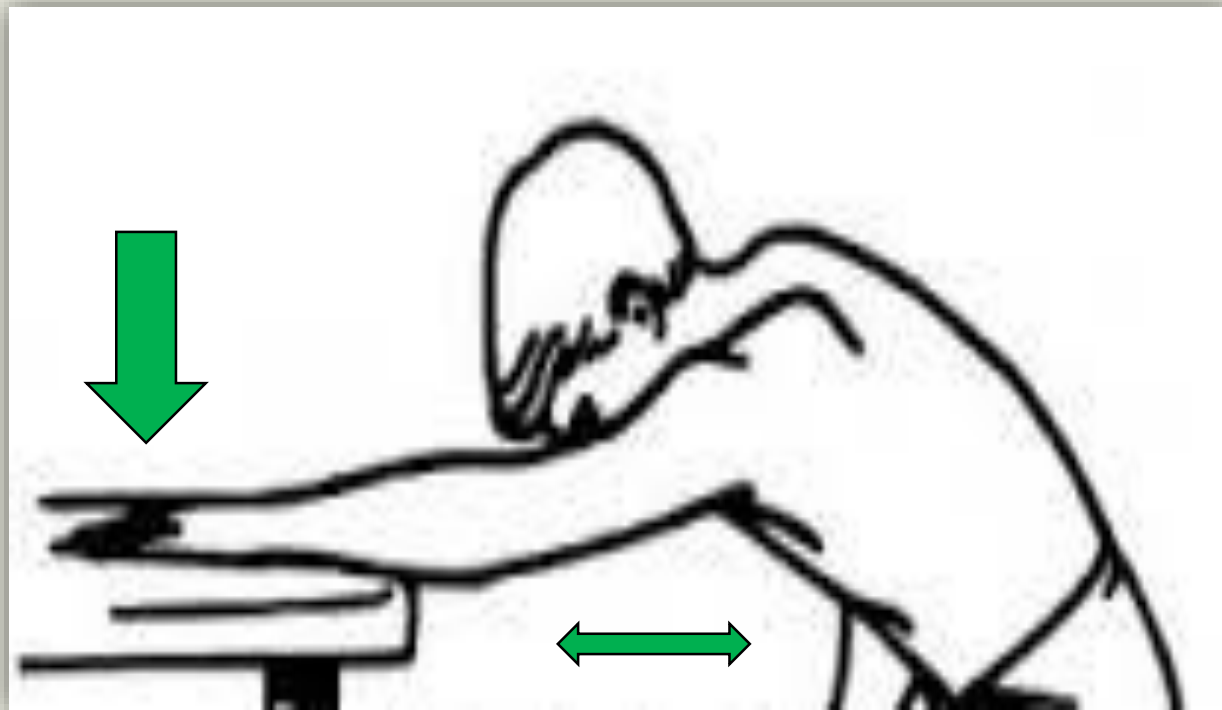
- Use light weight 1-3 lbs (or soup can)
- Perform 20 – 30 reps
- Perform 3 – 5 sets once/day
- Emphasize lowering phase



IMPINGEMENT EXERCISES – SERRATUS PRESSES

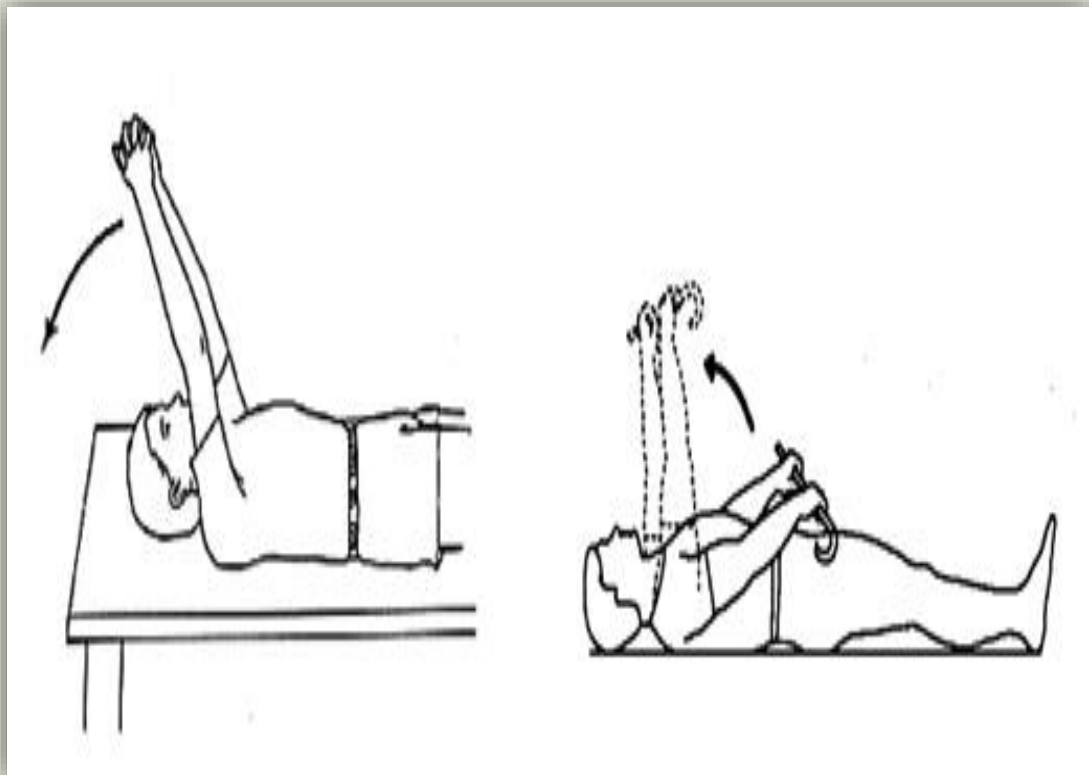


IMPINGEMENT EXERCISES - INFERIOR GLIDES



- While pressing palm of hand down on surface, back away until stretch is felt in shoulder.
- Maintain moderate downward pressure throughout movement
- Exercise can be performed seated as shown or standing
- Keep shoulder away from ear!!
- Perform 10 reps 3 – 5 times per day

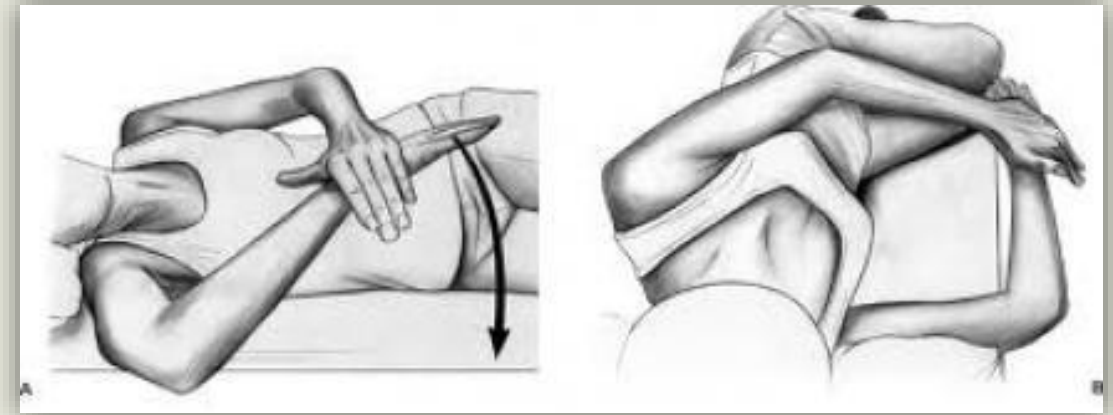
SHOULDER AAROM EXERCISES



- Initially perform while lying on back then progress to standing in front of mirror to watch for shoulder hiking
- Can use cane, broom stick handle or clasped hands
- Let “good” arm help “bad” arm
- Perform in **pain-free** ROM
- 10 reps several times per day to maintain and improve ROM

ROTATOR CUFF STRETCHES

- Perform each stretch to point of discomfort only, no pain.
- Hold 15 – 30 sec.
- Perform 3 – 5 reps
- Perform once or twice a day



SLEEPER STRETCH



CROSS BODY STRETCH

INSTABILITY EXERCISES – “COMMANDO” CREEP



- Lying prone on elbows, tuck chin, engage abdominals, press elbows and forearms down and pull like you're trying to pull yourself forward using only your arms
- Hold 3-5 sec
- Perform 10 – 15 reps
- Work up to 3 sets

INSTABILITY EXERCISES – SIDE LYING ELBOW DIGS

- Lying on involved side with arm in 90/90 position, push elbow down into surface then towards feet as if to scooch body up
- Hold 3-5 sec
- Perform 10 – 15 reps
- Work up to 3 sets once a day



INSTABILITY EXERCISES – WALL PLANK WITH ARM LIFT

- With forearms resting against the wall in wall plank position, upper arms parallel to floor, engage abdominals and focus on stabilizing one shoulder blade before lifting opposite forearm off wall.
- Hold 3-5 sec
- Perform 10 – 15 reps
- Work up to 3 sets



INSTABILITY EXERCISES – SCAPULAR STABILIZER STRENGTHENING



T-BAND ROWS



LAT PULL DOWNS

SUMMARY OF OPTIONS FOR ADDRESSING SHOULDER PAIN

- Self treatment
- Physical therapy
 - Assessment for postural imbalances, muscle weakness, root cause
 - Pain relief modalities (US, ES, ETPS, MHP, CP)
 - Manual therapy (STM, DTM, S-CS, joint mobs)
 - Supervised therapeutic exercise and neuromuscular re-education
 - Patient education
- Cortico -steroid injection
- Surgery