
FOOSH Injury

Shoulder Pain

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A FOOSH (Fall on Outstretched Arm) injury is a common mechanism for an upper extremity injury. When you land on your arm, the forces from the fall can lead to injuries such as bone fractures, joint sprains and muscle strains/tears. It is important to follow recommendations from your physician to recover from your injury. You may also benefit from a short period of rehabilitation to fully recover and return to your normal daily activities without limitations.

Tips From A Physiotherapist

- After a shoulder injury, the more you move the better your shoulder will feel. Try to continue regular daily activity within a pain free range of motion.
- Sometimes specific postures can aggravate shoulder pain, try to avoid sitting/standing in the same position for longer than 15-20 minutes at a time.
- General whole body exercise such as running, walking and biking have been shown to be beneficial in improving someone's overall function after a shoulder injury.

Home Exercises

- *Shoulder Pendulums:* lean over a table/counter and let your sore arm dangle freely. Gently move your body back and forth so that your arm swings like a pendulum. Continue exercise for 30 seconds if it relieves your shoulder pain. Do multiple times per day. Stop if shoulder pain increases.
- *Wall climb:* Slide your arm up the wall as high as you can before you feel pain. Hold for 3 seconds and relax. Repeat 10 reps and do multiple sets per day

For more information, visit www.summitpt.ca

