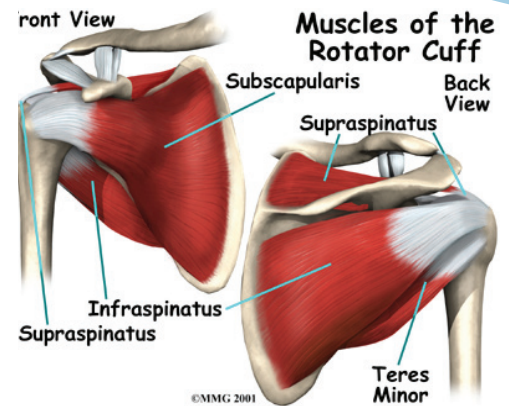


SOFT TISSUE INJURIES OF THE SHOULDER:

- Rotator cuff syndrome
- Shoulder dislocation or instability
- Long head of biceps tear/strain
- Labral tear
- Referred pain from the neck



INFORMATION:

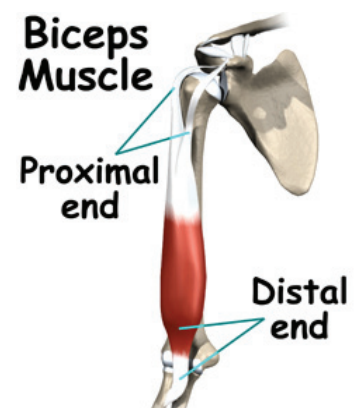
The shoulder is one of the most mobile joints in the body and relies heavily on the muscles (rotator cuff) surrounding the joint for stability. The rotator cuff muscles keep the ball of the humerus (arm bone) in the shoulder joint when lifting the arm up. When these muscles are weak/injured or the shoulder is unstable it can cause irritation of the structures surrounding the joint, most commonly the rotator cuff tendons. This is when rotator cuff tears or ruptures may occur. Shoulder instability normally results from dislocation which stretches the joints ligaments and capsule.

This allows the shoulder to translate more in the joint irritating the surrounding structures and once again causing shoulder pain. The shoulder is most commonly dislocated playing contact sport when going in for a rugby tackle or from a fall onto an out stretched arm (less common).

The long head of the biceps inserts into the top of the shoulder joint and therefore when damaged can also cause shoulder pain. Sometimes shoulder pain can actually be referred pain from the neck. Nerves exit the spinal cord through small holes in the side of the spine and when irritated can cause pain to be felt down the shoulder and arm.

SIGNS AND SYMPTOMS:

- Pain when lifting the arm
- Pain when dressing (female – putting on bra)
- Pain sleeping on the shoulder at night
- Pain with lifting objects



HOW CAN PHYSIOONE ASSIST YOU?

- A full assessment including the muscles, joints and ligaments to find out what is causing or contributing to your shoulder pain
- Help strengthen the muscles to improve the shoulder/shoulder blades biomechanics
- Help release tight muscles and increase tendon healing using manual therapy
- Education on the condition, what you should and shouldn't do at home, time frames with healing and ways to prevent re-injury e.g. taping for sport.

