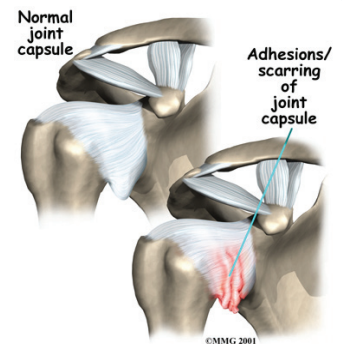


INJURIES TO THE SHOULDER:

- Acromio-clavicular joint sprain or dislocation (AC joint)
- Fracture of the humerus
- Frozen shoulder



INFORMATION:

Frozen shoulder also known as adhesive capsulitis is a condition in which the shoulder becomes inflamed and stiff due to abnormal adhesions and shrinking of the joint capsule (note picture above). The cause of this condition is unknown but it sometimes follows shoulder trauma or most commonly just random onset.

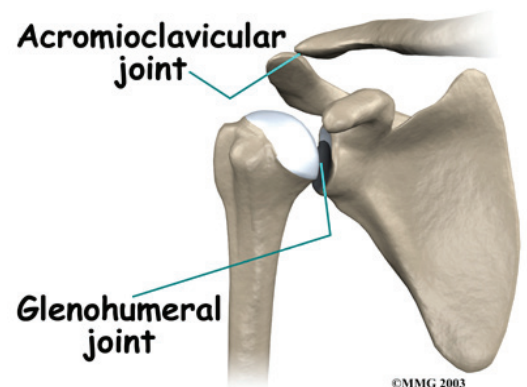
The AC joint sits slightly above the shoulder joint and joins the collar bone to the shoulder blade. This joint is normally injured from a direct blow or fall onto the shoulder and results in localized pain to the top of the shoulder. Pain is worsened when the arm is pulled across the body towards the other shoulder.

This joint is stabilized by ligaments and when injured can result in a sprain or a complete rupture of these ligaments.

Fractures can occur to the proximal humerus (ball of the arm bone in the shoulder) as a result of a fall onto an outstretched arm (common in elderly) or a direct blow to the shoulder (common mechanism in the younger generation).

SIGNS AND SYMPTOMS:

- Inability to move or lift the arm
- Pain when lying on the shoulder
- Swelling and pain over the shoulder



HOW CAN PHYSIOONE ASSIST YOU?

- A thorough assessment of the shoulder and its biomechanics
- Education on the condition and self management (Home exercise programs)
- Gentle massage, stretches and mobilization of the shoulder joint to help regain full pain free range of movement
- A progressive strengthening program to re-strengthen weakened muscles and restore normal biomechanics

