

Patient Information:

Shoulder Pain

- Common Causes
- Treating Shoulder Pain
- Quick Treatment: Shoulder Pain
- See Your Healthcare Provider If
- Rehabilitation Exercises

COMMON CAUSES:

Shoulder injury or pain may be triggered by a specific event, such as a direct blow or fall. More common and less dramatic causes include lifting, reaching, and pulling movements that strain the muscles and tendons or sprain ligaments surrounding the shoulder joint. Injury may or may not be realized during activity. Discomfort may develop days later.

Repetitive movements like those required in swimming, tennis, baseball, and football can lead to shoulder pain. These OVER USE type injuries are not limited to sport activities. Daily tasks like housework, raking leaves or manual labor can lead to shoulder pain over time.

Long term shoulder problems are more likely when pain develops gradually or discomfort is recurrent over a period of time. Chronic pain is often triggered by prior injuries, especially if original injury was severe or was not allowed to heal completely.

The events preceding pain or discomfort will provide clues behind original cause even if the exact incident is not evident.

TREATING SHOULDER PAIN:

Most cases of shoulder pain are not serious and respond to simple treatments.

- ◆ Shoulder injury can cause weakness, tenderness and loss of full joint mobility.
- ◆ When pain develops suddenly or related to direct trauma, stop all strenuous activities to prevent aggravation of injury, increasing the damage, and healing delays.
- ◆ Most shoulder pain is related to muscle or tendon strain. Muscle spasms may develop as strained muscles swell after injury. Rest and gentle stretching will help the muscles relax.
- ◆ Most injuries will not require X-Ray or other imaging studies. Depending upon severity of injury your healthcare provider will recommend further tests.

QUICK TREATMENT : SHOULDER PAIN

- ☑ If you suspect injury, stop activity immediately. Apply ICE. Wrap sealed ice bag in towel and apply to injury as soon as possible. Keep on injury for 20 minutes and repeat every 2-3 hours for the first 48 to 72 hours. Under most circumstances, this will help reduce swelling and pain. Early care can accelerate your healing.
- ☑ Tylenol[®], Aleve[®], or Ibuprofen may be taken. Follow package directions and take with food.
- ☑ After the first 72 hours warm, moist heat can be applied through shower or soaked towels. Place on shoulder for 20 minutes every 3-4 hours. Stretching shoulder muscles slowly after heating the muscle can help reduce stiffness.
- ☑ Research suggests most people can and should return to normal daily activities as tolerable. AVOID anything that significantly increases shoulder pain and visit your healthcare provider.

In most cases shoulder pain progressively improves over a course of 2-3 days, but pain and soreness can persist for weeks depending on injury and your choice of daily activity. During recovery, exercise with caution to prevent re-injury. Appropriate, slow, gradual rehabilitation can reduce healing time and help prevent re-injury.

SEE YOUR HEALTHCARE PROVIDER IF:

- 🚑 Shoulder pain was caused by serious injury, such as a car accident or using your arm to break a fall
- 🚑 Pain that prevents normal activities longer than a few days
- 🚑 Unable to move shoulder or pain is severe
- 🚑 Weakness or sensation loss in arm that doesn't resolve

Shoulder Pain Rehabilitation Exercises

REHABILITATION EXERCISES

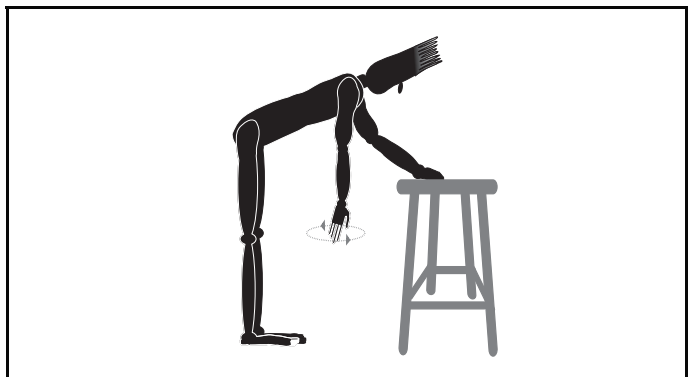
- ◆ **RECOVERY TAKES TIME.**
- ◆ Rehabilitation may take weeks or even months depending on severity of injury. The severity of the injury will dictate recovery time. Slow, gradual rehabilitation will reduce healing time and prevent re-injury.
- ◆ Once initial pain has eased a rehabilitation program of shoulder strengthening exercises and stretching is recommended to help prevent re-injury and pain.
- ◆ Rehabilitation exercises are critical for the recovery process. Focus on the shoulder and arm muscles.
- ◆ Do these exercises on a regular basis and you will see improvements in your posture, work endurance, and athletic performance. The exercises shouldn't irritate your shoulder when done properly. If there is pain, STOP.
- ◆ **HELPFUL HINT:** Take deep even breaths while completing stretches and concentrate on the exercises with slow steady movements. If you experience any discomfort other than muscle soreness, slow down the pace or decrease the number of sets. If pain persists, discontinue exercise and contact your healthcare provider.

STAGE 1 EXERCISES:

Stretching...

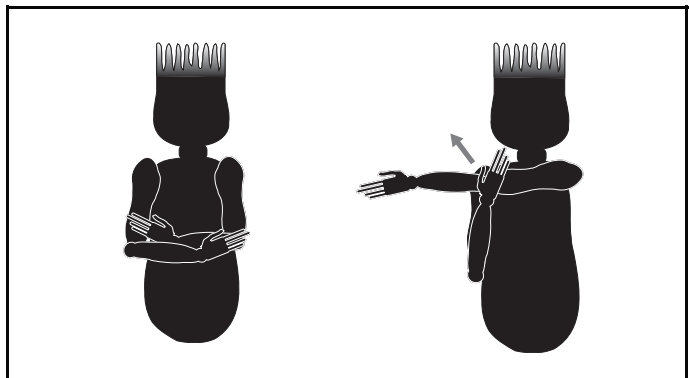
Will improve flexibility and range of motion during the first part of recovery.

1 Pendulum		
Perform if checked	# of REPS	# of SETS
	3-5	1-3



EXERCISE: Slowly bend forward allowing injured arm to hang while holding on to a chair or table for stability with the opposite arm. Allow injured arm to swing back and forth. Add weight to hanging arm as able. No more than 3-5 pounds.

1 Deltoid Shoulder Stretch		
Perform if checked	# of REPS	# of SETS
	3-5	1-3

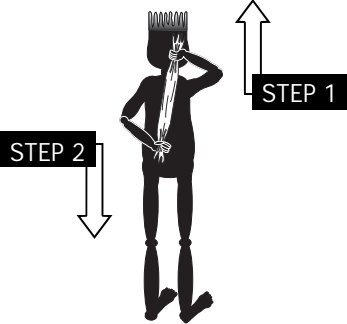


EXERCISE: Pull one arm across chest using the opposite hand (placed above the elbow, not on the elbow) to help with the stretch.

Shoulder Pain Rehabilitation Exercises

1


Towel Stretch		
Perform if checked	# of REPS	# of SETS
	3-5	1-3



PREP 1: Begin with injured arm in lower position
EXERCISE:
 STEP 1: Internal Rotation — Slowly pull towel up toward ceiling.
 STEP 2: External Rotation — Slowly pull towel down toward floor.
PREP 2: Reverse arm positions (place injured arm in upper position) and repeat STEP 1 & 2.

1

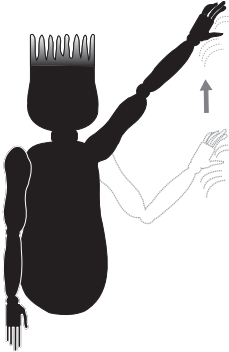
Shoulder Stretch		
Perform if checked	# of REPS	# of SETS
	3-5	1-3



EXERCISE: Allow your arms to hang relaxed at your sides. Clasp your hands behind your back and slowly raise your arms upward. Keep stretch comfortable. It should not cause pain.

1


Wall Climbing		
Perform if checked	# of REPS	# of SETS
	3-5	1-3



EXERCISE: Allow your arms to hang relaxed down at sides with your injured shoulder facing wall. Place your hand on the wall and use your fingers to crawl up the wall. Try to crawl above the height of your head.

1

Shoulder Roll		
Perform if checked	# of REPS	# of SETS
	3-5	1-3



EXERCISE: Roll shoulders forward in slow circular motion. Make large circles first and then reduce to smaller circles before reversing direction.

Shoulder Pain Rehabilitation Exercises

1

Shoulder Shrug

Perform if checked	# of REPS	# of SETS
	3-5	1-3



EXERCISE: Lift shoulders upwards towards your ears and hold. Return to relaxed position before repeating.

2

Shoulder Extension

Perform if checked	# of REPS	# of SETS
	3-5	1-3



EXERCISE: Hold exercise band in hands over head. Keep one arm fixed and lower opposite arm toward floor pulling band. Hold and return to start position. Repeat with other arm.

STAGE 2 EXERCISES:

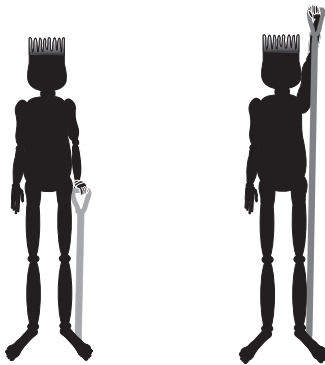
Strengthening...

As performance increases or when able, progress to these exercises. An exercise band or hand weight NO MORE THAN 3-5 pounds will be needed. Using a canned food container is a great alternative to hand weights.

2

Shoulder Flexion

Perform if checked	# of REPS	# of SETS
	3-5	1-3

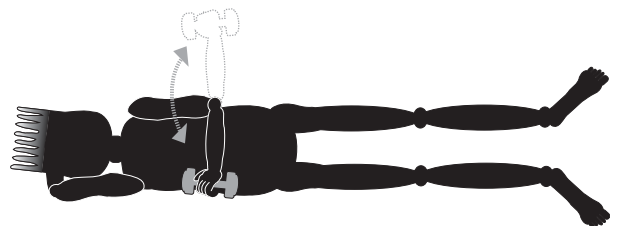


EXERCISE: Allow your arms to hang relaxed down at sides. Keep elbow straight as you pull exercise band or weight up over your head. Remember, arm pointed directly ahead through complete motion.

2

External Rotation

Perform if checked	# of REPS	# of SETS
	3-5	1-3



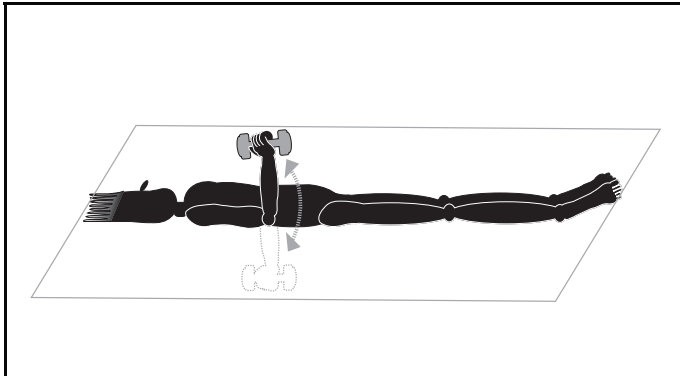
EXERCISE: Lay on your uninjured side first. Bend elbow of injured shoulder to form right angle. Lift hand up toward ceiling. Make sure to keep elbow against side throughout movement. Add 2-3 pound weights as your strength improves.

Shoulder Pain Rehabilitation Exercises

2

Internal Rotation

Perform if checked	# of REPS	# of SETS
	3-5	1-3

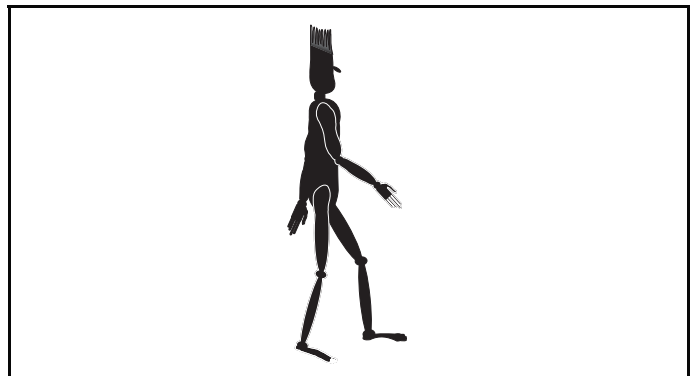


EXERCISE: Lay on your back and bend the elbow of the injured shoulder to form right angle. Your hand will be pointing up. Remember to keep elbow against body through exercise. Allow hand to slowly lower towards floor and lift back to start position. Add hand weights as your ability increases.

2

Take-A-Walk

Perform if checked		

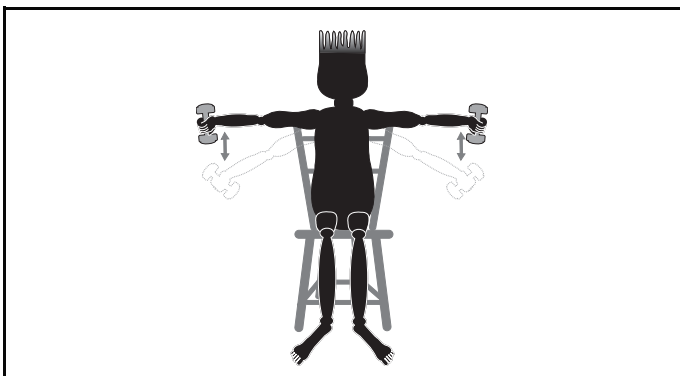


EXERCISE: Take a 5-10 minute walk. Concentrate on relaxing your back and shoulders. Focus your thoughts ONLY on muscle relaxation during walk. *This will improve blood circulation to the legs and refresh your body and mind before the next study session.*

2

Shoulder Abduction

Perform if checked	# of REPS	# of SETS
	3-5	1-3



EXERCISE: Lift the weight from your side over your head. Hand position is important. Alternate with thumb pointed down and then with thumb pointed upward. This small change in hand position allows two different muscles to be strengthened.

CONSULT YOUR HEALTHCARE PROVIDER IF YOUR CONDITION FAILS TO IMPROVE.