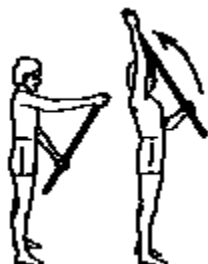
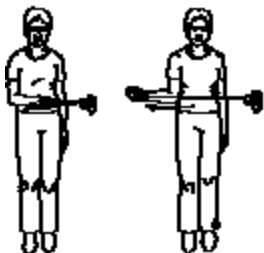




1. Assume position shown, letting arm hang relaxed
2. Sway your whole body slowly to move arm forward and backward. Do not let the arm tense up - use only your body movement to begin the motion
3. Repeat, with the arm moving side to side
4. Repeat, with the arm moving in circular patterns, clockwise and counterclockwise
5. Do 20 repetitions in each direction 3 times per day



1. Stand as shown, with your hand at the top of the stick
2. Using the stick for assistance, stretch your arm higher overhead
3. Hold 10 seconds
4. Do 10 repetitions, 3 times per day



1. Anchor rubber tubing to a solid object
2. Grasp rubber tubing in affected hand as shown
3. Rotate arm outward, keeping elbow bent
4. Hold 5 seconds and slowly lower
5. Do 20 repetitions, 1 time per day



1. Anchor rubber tubing to solid object
2. Sit or stand with arm at side, elbow bent as shown
3. Rotate arm inward toward body
4. Hold 5 seconds and slowly relax
5. Do 20 repetitions, 1 time per day

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## SHOULDER INJURIES

### TENDINITIS & BURSITIS

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# **Shoulder Injuries**

## **Injury Description**

This is one of the most commonly occurring injuries seen in activities involving repetitive overhead motion (i.e., baseball, swimming). The pain is usually felt on the tip of the shoulder or part way down the arm. The pain is commonly felt when the arm is lifted overhead or twisted in a certain direction.

The shoulder is a ball and socket joint, but the socket is not very big and the shoulder is relatively unstable. This tends to put a lot of stress on the tendons and muscles that move the arm and help to support the shoulder.

The tendons and the associated bursae (fluid filled sacs that help to prevent friction) are further prone to becoming inflamed as they go through a very tight channel of bone. When the arm is raised, the channel becomes smaller and makes the area more prone to inflammation

## **Predisposing factors**

1. Overuse
2. Weak muscles or muscle imbalance
3. Improper/inappropriate techniques
4. Strenuous training
5. Loose shoulder joint
6. Poor posture
7. Scapula (shoulder blade) dysfunction
8. Previous injury to the shoulder

# **Treatment**

## **Modified Activity**

Use pain as your guide. Avoid overhead activities. You will only aggravate the condition if you continue your activity while experiencing pain. In very bad cases you should refrain from using your arm in all daily activities (i.e., lifting a briefcase, opening doors).

## **Ice**

Apply ice to your shoulder for 15 minutes several times a day and after any sporting activity.

## **Range**

Some shoulder problems lead to a stiffness in the shoulder. For these problems it is important to start range of motion exercises as soon as possible (see exercise A).

## **Physiotherapy**

The physiotherapist will initially try to reduce inflammation in your shoulder. The most important part of the treatment are the exercises which strengthen and stabilize the shoulder to prevent recurrence.

## **Medication**

Anti-inflammatory pills may be prescribed to reduce inflammation.

## **Surgery**

Only rarely is surgery required to treat this condition.

# **Recommendations**

## **Sports**

It is the overhead motion of the arm that aggravates this condition. In severe cases, all sports using the arm should be avoided. Return to your sport slowly. Take it easy and do not play for a long duration of time. Slowly increase the strength of your arm and the intensity of your game. In some sports you may be able to avoid the overhead motions (i.e., tennis, squash).

**ALWAYS WARM UP WELL BEFORE YOU PLAY.**

## **Work Tips**

- ♦ Avoid overhead arm motions, they tend to aggravate the problem
- ♦ Modify your work immediately to avoid a chronic problem
- ♦ Full strengthening after an injury is important to avoid a recurrence.
- ♦ Use mechanical lifting aids or get help whenever possible
- ♦ Take some time to do the exercises listed below. This will help you treat the problem thoroughly.

## **Exercises**

The attached exercises, when done regularly and correctly, may help to improve this condition. If you do not notice an improvement after 1-2 weeks you should consult with your doctor or a physiotherapist with regards to your condition.