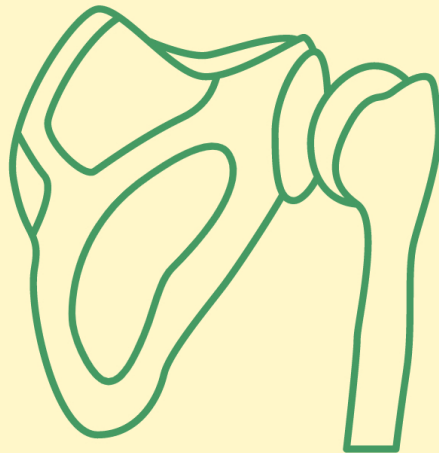


5 Tips for Shoulder Pain

Reduce your pain from home!



By Southeast Physiotherapy

1. Check Your Posture

The shoulder is a quite unstable joint. The structure of the joint in combination with the muscles and ligaments is uniquely designed to combine a huge range of motion and to control your hand in space to allow you to use ALL of the available motion.

The only way that your shoulder muscles line up nicely is if you keep your shoulders in a good position. The best way to maintain that position is to work on your neck, shoulder blade and upper back posture. You can do this by pulling your head back, squeezing your shoulder blades together and standing up or sitting up as straight as possible.

The better your posture, the less your shoulders will hurt and the more range of motion will be available for you to move.

2. Don't Sleep on Your Shoulder

Most people first notice their shoulder pain at night, when it wakes them up.

The vast majority of shoulder pain comes with some swelling in the rotator cuff and all around in the joint itself. **This is the discomfort that won't let you sleep.**

Sleep is vital for healing. Two great ways to sleep are on your back with a pillow under your elbow and hand on your stomach or sleeping on

your shoulder without pain with a small pillow under your painful arm's elbow.

3. Make Sure You Have Full Motion

The first thing that worsens when your shoulder starts to hurt is your range of motion. If you lose range of motion, it *can* be regained but takes a lot of work and time.

If you stretch the shoulder and work on the movement, it will calm the pain down and help to maintain the range of motion you currently have. This may include using a pulley system, climbing the wall with your hand, or using a stick.

4. Ice It

The BEST thing for swelling initially is to put ice on the shoulder!

Put the ice on for 10-15 minutes, right over the pain, and multiple times a day (at least 3 times a day; 1-2 hours between bouts). The ice should be cold, but not a painful cold.

5. Talk to a Physical Therapist about Your Pain

The best solution to your shoulder pain is to see a Physical Therapist for different treatment options.

A physical therapist will discuss all the problems that you are experiencing, how these problems affect your life, and what it is stopping you from doing. Your physical therapist will do a full examination and will discuss the findings with you and what can be done.

The good news is that you do not need a referral for physical therapy.

Most insurance companies will cover your physical therapy under “extended health benefits”.

We will walk everyone through the entire process and discuss all the options with you.

If you would like more information about our office, head over to www.southeastphysio.ca