

SHOULDER PAIN

ADVICE FOR PATIENTS



Wondering why you have shoulder pain? It could be because of any one of a long list of reasons.

That's why it's always important to seek professional medical advice for shoulder pain.

You may be experiencing short bursts of severe or sharp pain on moving or could have a constant dull ache. Some patients visit us because they're struggling to sleep with discomfort in the area, while others are experiencing instability of the shoulder.

But whatever your symptoms, you probably don't realise how much you rely on your shoulders until they're out of action!

Often pain in the area can be down to repetitive motion and general wear and tear. Or, sometimes, it's the result of an injury due to a fall, knock or trauma.

Other common causes of shoulder pain include fractures and dislocations, separation or rotator cuff tears. And long term problems can be down to arthritis or tissue disorders.

Rarer and perhaps less obvious causes of shoulder pain can even include things such as heart problems, gallstones or pelvic or stomach issues.

So don't leave shoulder pain untreated. At W5Physio, we're experienced in treating all kinds of shoulder pain and can advise on the best course of action.

DIAGNOSIS & OUTLOOK

On arriving at W5Physio with shoulder pain one of our physios will carry out a full examination. This will include asking you lots of questions about your symptoms, testing your range of motion and some hands-on manipulation of the area. If appropriate, we may also use our Diagnostic Ultrasound machine to investigate further.

A whole host of causes of shoulder pain means that a diagnosis can be slightly more involved than for some other problems, so it's really important you seek professional advice and an examination from a physio or other medical professional.

In the majority of cases, shoulder problems can be rectified or improved through physiotherapy and we may administer massage and/or acupuncture as part of your treatment.

Issues such as a frozen shoulder, rotator cuff tear or soft tissue damage are commonly seen in our practice and are very successfully treated.

Should you suspect you've dislocated or fractured your shoulder, you should seek immediate medical attention. Following initial treatment, a course of physio will be the best way to aid recovery. We'll put a bespoke recovery plan in place for you and work on strengthening the area to prevent future occurrences and any potential long-term pain or discomfort.

If we suspect something other than your shoulder is at the root of your shoulder pain, we'll advise on the best next steps for you to take.



EXERCISES



Here are some exercises that can help with shoulder pain. Remember to carry them out carefully and to stop anything that causes additional pain.

1.

SHOULDER RETRACTIONS

Standing upright or sitting, roll your shoulders backwards. The movement should be smooth and pain free. Do 10-20 reps.

2.

LOWER TRAPEZIUS MUSCLEACTIVATION

Standing upright or sitting, move your shoulder blades back and then down – like you are ‘tucking them in’ – hold for 5 seconds. Do 10 reps.

3.

EXTERNAL ROTATION

Stand with arms tucked in by your side, elbows bent and palms facing upwards, keeping the elbows tucked into waist, move the forearms outwards and return. Do 20 reps.



PREVENTION TIPS

Shoulder pain can be down to a number of causes, but there are some things you can do to prevent/help with most shoulder problems, including:

- 1) Staying active and doing regular exercise. Resistance work can be excellent for strengthening the shoulders and upper back and our physios can advise on a tailored exercise plan for you.
- 2) Unless you've suffered a trauma to the area and suspect a fracture or dislocation, trying to keep the area moving is normally a better option than resting the area. However, *do* try to avoid doing things which make the pain much worse.
- 3) Be aware of how you're sitting and standing. Aim to sit/stand up straight and alleviate any tension in the area.
- 4) Over the counter pain relief taken in the recommended doses can help with short term relief of shoulder pain symptoms.
- 5) Seek immediate medical attention should your shoulder pain be accompanied by any fever, dizziness, chest tightness or pain.

In most cases, physio is an excellent option for alleviating your shoulder pain.

FOR MORE ADVICE OR TO BOOK A CONSULTATION, CONTACT W5PHYSIO: