

SHOULDER PAIN

WHAT IS IT?

- Shoulder pain can present as discomfort experienced in the joint itself, into the top of the arm or down to the elbow
- There are many structures in the shoulder that can be affected. These may include
 - o The small stabilising muscles (rotator cuff)
 - o The fluid filled sac between the muscles and bone (bursa)
 - o Shoulder capsule



WHAT DO I LOOK FOR?

- The most common site of pain will be at the top of the shoulder, or into the muscle bulk at the top of the arm
- Painful movement, for example when lifting your arms to dress or brush your hair
- Night pain when rolling onto your arm
- A painful clicking sensation

WHAT CAUSES IT?

- A traumatic event such as a fall, car accident or sporting injury
- Muscle weakness or poor shoulder blade control
- Repetitive actions such as many years swimming, typing or working with your arms above your head
- Bone spurs
- Poor posture

WHEN DO I SEE THE PHYSIO?

- Physiotherapists can assess your shoulder, offer a variety of treatment techniques, correct muscle imbalances and start you on an appropriate exercise program. Feel free to ask any of our friendly physios about this injury

DO I SEE MY DOCTOR?

- If symptoms persist, your physiotherapist will advise when you need to see your doctor



