

PLAYING THROUGH



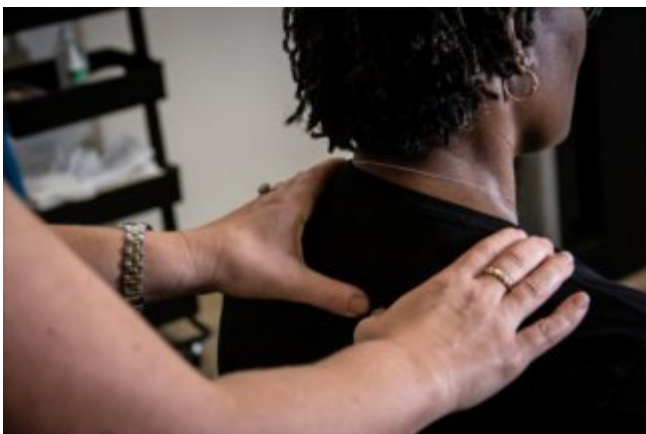
Healthy Life. Better Game.

SHOULDER PAIN

Shoulder pain affects up to 1 in 4 of adults at any point in time, making it one of the most common localized pain syndromes. Symptoms may include pain when sleeping on the affected side or pain and weakness with reaching or lifting. Shoulder



Impingement is a condition where the rotator cuff tendons or bursa in the shoulder become compressed or pinched between the bones of the shoulder joint, causing pain and limited range of motion. This can be caused by a number of factors, including repetitive overhead movements, poor posture, shoulder instability, weakness, injury, or certain sports such as tennis, volleyball or swimming.



Conservative (Non-surgical Care) Treatment Options: Physical Therapy and Ultrasound guided corticosteroid injections demonstrate the best outcomes and support by research for reducing

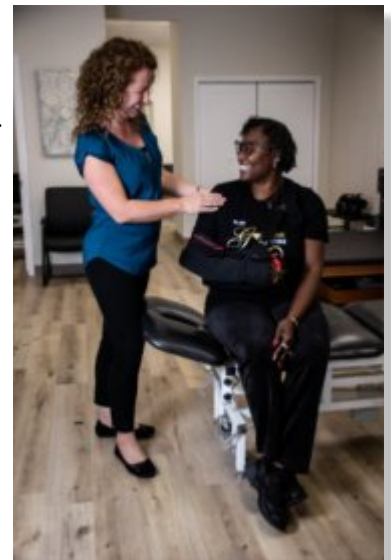
subacromial shoulder pain. Physical Therapy should include targeted strengthening exercises of the shoulder musculature, stretching and hands on manual therapy to improve shoulder motion. A Physical Therapist will also teach certain lifestyle modifications to reduce pain and allow for improved strength and motion. Such modifications could include avoiding repetitive overhead movements, improving lifting techniques and/or postures.

Surgical Options: This might be the best option for someone with rotator cuff or labral tears that have failed to improve with physical therapy or injections. Post-operative shoulder care will depend on the specific type of surgery performed, as well as individual factors such as age, overall health, and the extent of the injury. If surgery includes tissue repair, then a sling is often worn for several weeks to protect the repair. A Physical Therapist will perform range of motion exercises in the early weeks to prevent loss of motion.

Post-surgical Care: It is important to follow-up with the surgical team and attend all scheduled appointments to ensure proper healing and recovery.

Direct Access: If you are experiencing shoulder pain, you can avoid the wait time and now schedule an appointment directly with a Physical Therapist. Florida is a "Direct Access" state, meaning that you can receive care from a Physical Therapist for 30 days prior to needing a physician referral. Most Physical Therapists now have doctorate level education, ensuring that they can get you better safely and possibly avoid costly imaging or surgical procedures. A Physical Therapist will review your history and perform a full exam to develop a plan to relieve your shoulder pain and improve strength and motion.

- With Tara Vollertsen, PT, DPT, MTC, OCS
for The Magnolia News



Photos: T. Vollertsen

