

Shoulder Pain Information Hand-Out

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The shoulder joint is one of the most important and versatile joints of our body. It is capable of executing a wide range of movements that is simply not possible in other joints due to its unique anatomy. Surprisingly, with all its possible movements, it is also one of the most powerful joints of the body, aiding us in throwing, pushing and pulling, as well as in the nimble movements required in fine arts.

Shoulder Pain Tips:

1) Use, Don't Abuse

Keep the shoulder as mobile as possible. Use the shoulder within its comfortable range to aid recovery. When you have a shoulder problem, do not rest completely or the shoulder can stiffen up. Avoid sudden movements to the shoulder which may give you that "catching" pain.

2) Ice

Application of ice really can make a significant difference in your rehabilitation. It numbs the pain, reduces swelling and inflammation, and aids in the healing process. The application should be intermittent and not continuous. Ice should be applied immediately after any aggravating activities. You can use a cold pack, ice bag or frozen peas wrapped in a towel. You should use the ice for 5 minutes at a time, three to five times per day. Position the ice bag on the tip of the shoulder.

3) Heat

Application of heat is also very useful. Heat improves the blood circulation, bringing fresh oxygen and nutrients to the affected area and makes the muscles more relaxed. Use a hot water bottle with a cover or towel wrapped around it for 20 minutes, three times per day.

4) Anti-Inflammatories

Follow your GP's advice on Anti-inflammatories and painkillers

5) Posture

Maintain an upright sitting posture to reduce stress on your shoulder.

6) Avoid Painful Activities

This is a useful tip for those keen golfers, weight lifters, tennis and badminton players. You need to avoid these sports until your pain improves. It may sound obvious, but if it hurts when you move your arm, you need to avoid the painful movements. When the condition is acute, avoid movements above your head.

7) Don't Sleep on the side of your bad shoulder

...and avoid sleeping with your arms above your head if you suffer shoulder pain.

Shoulder Exercises:



The Pendulum

- Keep the shoulder completely relaxed
- Let momentum and gravity move it in circles
- Go anti-clockwise and clockwise
- Keep the circles within your comfort zone
- Perform for 2 minutes, 3x per day



Rock the baby

- Keep your sore arm relaxed...
- Your good arm holds your sore arm
- Keep the movement within your comfort zone
- Rock 15x each side, 3x per day



Passive flexion

- Your affected shoulder should be relaxed during the movement
- Your good arm lifts your bad arm
- Keep the movement within your comfort zone
- Perform 15 repetitions, 3x per day.