

The Shoulder

Anatomy:

Humerus (arm bone), scapula (shoulder blade), clavicle (collar bone)

Think golf ball on a tee - muscles, ligaments, capsule and cartilage help hold it together

Allows for lots of movements in 6 different directions

Collar bone attaches to sternum, shoulder blade "floats" on rib cage

Common Causes of Shoulder Pain:

Muscle Strain

Joint Strain (arthritis)

Joint Capsule Strain

Ligament Sprain (joint unstable)

Shoulder Separation

Fracture (broken bone)

Common Injuries:

Fall onto shoulder

Repetitive movement

Poor posture (rounded shoulders)

Throwing sports

Muscle imbalance (too strong one side)

Arthritis

How to Alleviate and Prevent Pain:

Ice (especially in the first 3-5 days after injury)

Heat

Check your posture (stand straight, shoulders back)

If you feel stiff try and stretch

Strengthen to improve tolerance to daily activity

Avoid aggravating positions and movements

Physiotherapy:

Manual Therapy - hands on techniques

Exercise - range of motion, strength, stability

Postural correction - exercise, education

Pain control - ice, heat, taping, electrical stimulation

Acupuncture

Sport retraining (especially throwing sports)

Contact your doctor if you have:

painful clicking or clunking of the shoulder

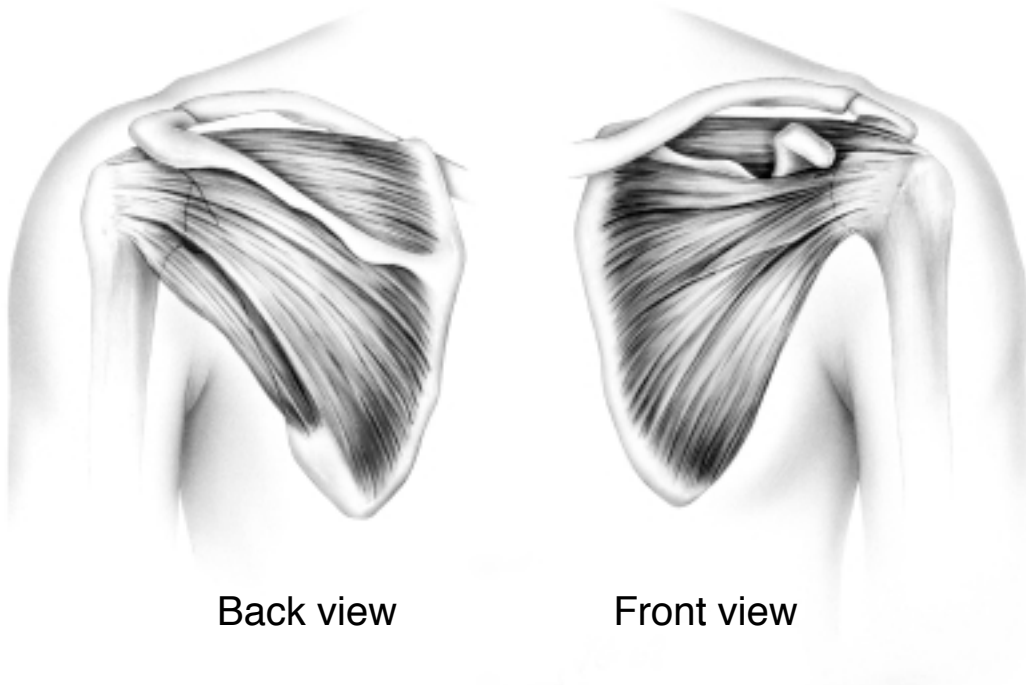
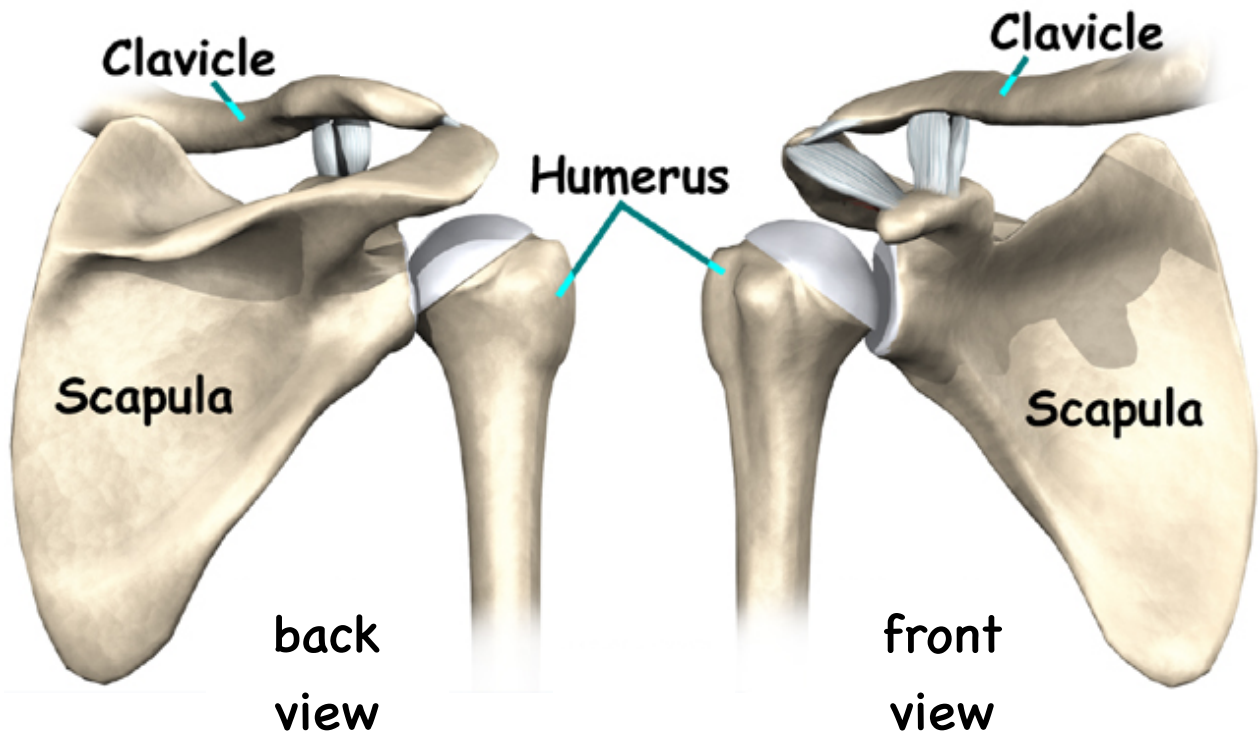
tingling or numbness down the arm, especially below the elbow

unable to reach forward or sideways (and does not improve with time - 1-2 weeks)

arm/hand cold, blueish

bones of the shoulder feel out of place

Bones of the Shoulder



Rotator Cuff Muscles

