

Shoulder Pain

Strain and Sprains

AKA

Rotator cuff injury, pulled muscle

Symptoms

- Soreness over the outside of your shoulder
- Poor or restricted range of motion
- Weakness when attempting to pull or lift overhead

Causes

- Trauma- direct impact to the shoulder
- Overuse
- Excessive range of motion and decreased control of the shoulder joint
- Overhead lifting

Chiropractic Treatment

- Soft tissue- Graston to injured rotator cuff muscles
- Laser therapy to said muscles
- RockTape to for shoulder support

At Home Care

Manage Inflammation

- Ice and Heat- 10 minutes of ice application and 10 minutes of heat
- This can aid in creating a pumping affect in the muscle which can help draw some inflammation

Maintain the mobility you have

- Scapular CARs
- Foam Rolling upper back
- Theragun to sore muscles around the shoulder

Life Modification

- Continue to move your shoulder in a comfortable range of motion
- If pain is felt during a movement, back off a little

Strengthen

- Isometric contractions- Internal Rotation, External Rotation, Flexion and Abduction
- Pingalems swings- Letting arm dangle and allowing for distraction to occur at the shoulder joint
- Continued Mobility- Foam rolling, CARs and Theragun

Impingement syndrome

AKA

Rotator Cuff Tendonitis, Shoulder bursitis, Swimmer's Shoulder

Symptoms

- Pain in the front portion of the shoulder
- Deep seated pain
- Pain with pulling or pressing overhead
- Painful clicking while pulling or pressing

Causes

- Trauma to the shoulder
- Straining or over working of the pectoral muscles
- Poor posture
- Work station ergonomics

Chiropractic treatment

- ART and PNF stretching to muscle in the front part of the shoulder
- Drop table adjustments to scapula, shoulder and upper ribs
- Compression therapy to aid in the decreasing of inflammation

At Home Care

Manage Inflammation

- Ice and Heat- 10 minutes of ice application and 10 minutes of heat
- This can aid in creating a pumping affect in the muscle which can help draw some inflammation

Maintain Mobility

- CARs- Shoulder and Scapular
- Doorway Stretches
- Child's pose w/foam roller assistance

Work Station Modifications

- Make sure you are changing your work posture every 30 minutes to an hour. This will aid in decreasing the likelihood of poor posture affecting the healing of your shoulder.

Strengthening

- Banded Rows- Try and pinch the shoulder blades together as you pull back
- Banded Pull aparts- With arms straight pull the band apart, again contracting the muscles between shoulder blades
- Y raises- While lying down, arms above your head in a “Y” position, lower arms to the ground and raise, maintaining this “Y” position
- Serratus Anterior- while lying on your back, arm outstretched in front of you, press outward as if you were reaching for the ceiling.

Labral Injury

AKA

Painful clicking, Stuck Shoulder or Clunking of the Shoulder

Symptoms

- Deep seated pain in the shoulder
- Catching or painful clicking in the shoulder
- Weakness- inability to lift the arm
- Instability-Feeling like you lack control of the shoulder

Causes

- Trauma- fracture, dislocation, falling on an outstretched arm
- Overuse- lifting weights, working overhead, etc.
- Overhead athletes(Tennis, Baseball, Swimming, etc.)
- Loading and sheering of the shoulder joint

Chiropractic Treatment

- Laser therapy to help in decreasing inflammatory response
- Manual Adjustments to upper thoracic spine
- Drop table adjustments to shoulder joint and scapula
- RockTape to support rotator cuff muscles

At Home Care

Manage Inflammations

- Ice and Heat- 10 minutes of ice application and 10 minutes of heat
- This can aid in creating a pumping affect in the muscles surrounding which can help draw out inflammation

Maintain Mobility

- CARs- Shoulder, Scapulae, Cervical and Thoracic Spine
- Foam Rolling to Upper back
- Theragun to biceps if effected
- Move your shoulder in a pain free range of motion

Lifestyle Modifications

- Make sure you are changing your work posture every 30 minutes to an hour. This will aid in decreasing the likelihood of poor posture affecting the healing of your shoulder.
- Maintain exercise regimen. Listen to how your shoulder feels. If the pain begins again, decrease weight or repetitions.

Strengthening

- Banded External and Internal Rotation- with arms and elbows at 90 degrees by your side and band in hands, pull apart the band, maintaining arm contact with torso throughout the movement.
- Banded Pull apart- With arms straight pull the band apart, again contracting the muscles between shoulder blades
- Serratus Anterior- while lying on your back, arm outstretched in front of you, press outward as if you were reaching for the ceiling.
- Isometric biceps curls to aid in strengthening the bicep if involved(i.e. SLAP tear)