

Shoulder Pain

First off, welcome to our clinic! We are looking forward to working with you.

Shoulder pain is one of the most common musculoskeletal conditions treated by a physical therapist. This is because nearly 40% of people will experience shoulder pain at some point in their lifetime. We as individuals are extremely complex, and the shoulder is an intricate joint. This means that everyone's shoulder pain is a little different and will be treated as such. Fortunately, physical therapists are experts in the evaluation and treatment of shoulder pain. Research has shown that physical therapy can reduce pain and disability while also helping reduce the need for surgery, prolonged medication use, and steroid injections. This is true whether you have been diagnosed with a rotator cuff strain, subacromial impingement syndrome, or simply have an achy shoulder.

Your treatment with your therapist may include a resistance exercise program, a progressive aerobic exercise routine, manual therapy, and education on your pain/condition. You'll also receive a home exercise program to empower you to self-manage and treat your shoulder pain. You will also have access to an online portal where you can view your home program, ask your therapist a question, and track your progress. Each aspect of your care will be uniquely tailored to your ability, goals, and interests.

Here are 3 very important things to keep in mind to speed up your recovery:

1. Remain Active

Try to keep moving as much as you comfortably can. Research has shown that staying active can be very beneficial in your recovery. It is good to continue your day-to-day activities and participate in light-exercise, such as walking. If any of these activities increase your shoulder discomfort, it is okay to discontinue them and try something else. If you have had surgery,

it is very important that you adhere to any precautions your surgeon has given you.

2. Hurt Does Not Always Equal Harm

Many people with shoulder pain initially limit their activity because they are afraid to cause damage to their shoulder. As mentioned above, staying active is very important in your recovery. The human body is remarkably strong and resilient, so it is highly unlikely that your normal day-to-day activities will do anything harmful to your shoulder. The severity of pain does not always match the level of damage to your body. Think of how painful stubbed toes can be, especially in the morning when you're half asleep. There is very little tissue damage with a stubbed toe, but significant discomfort. With this in mind, it is important to be conscious of your pain, but do not let it scare you!

3. Changes in Your Symptoms

If you notice any severe increases in your shoulder pain, develop a fever, or have difficulty with your medications-- especially if you've had a recent surgery/operation-- please contact your physical therapist immediately.

We look forward to working with you!

- The InMotion PT and Golf Fitness Team