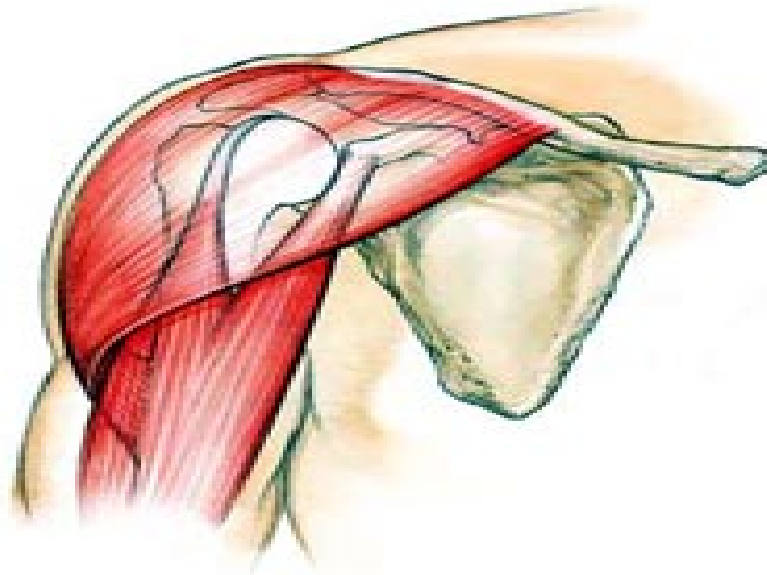


Kaiser Fremont Shoulder Class



Rehabilitation Department:
Physical Therapy

Class Structure and Goals

- Learn how your shoulder works
- What goes wrong with the shoulder
- Learn how to care for your shoulder
- Learn how exercise can help your shoulder
- Question and Answers

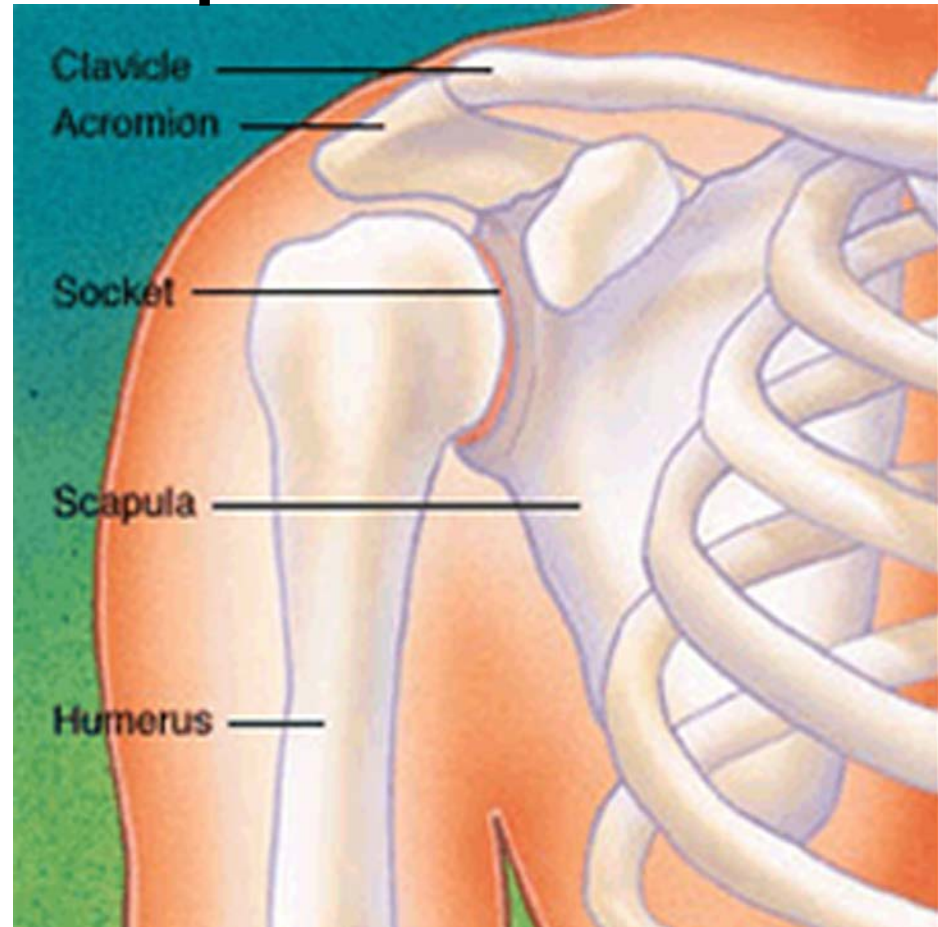
Tell me about you

- Take 30 seconds to tell me about your shoulder problem:
 - Where does it hurt?
 - What is your most painful movement?
 - What do you do to make it feel better?

Shoulder Anatomy: Bones

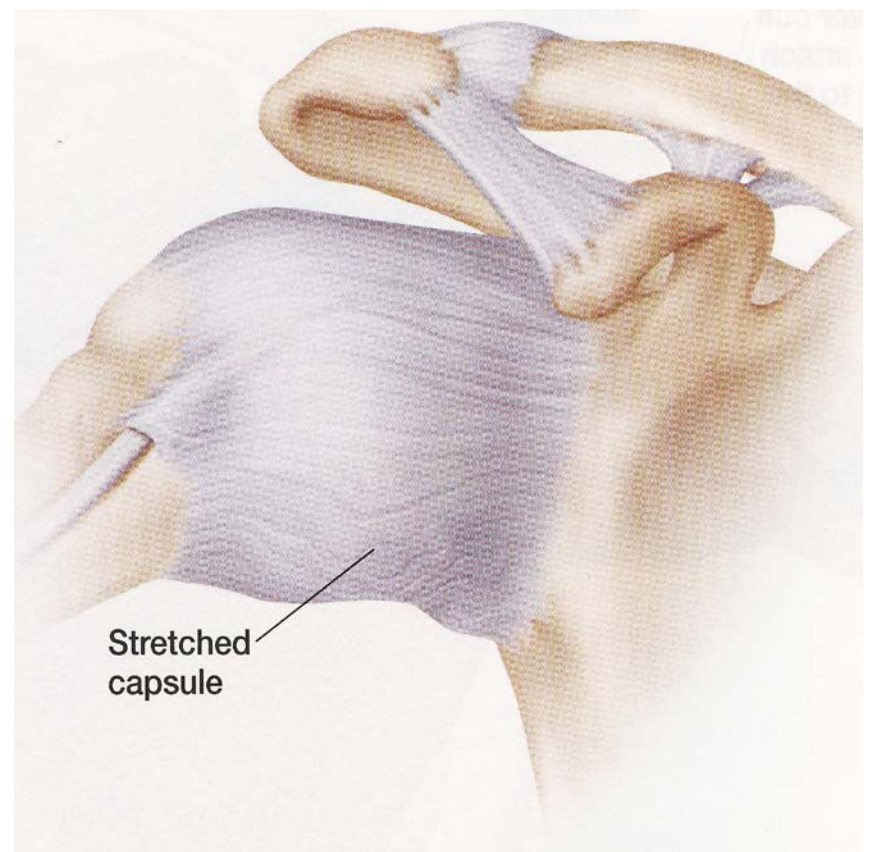
The shoulder is made up of 3 bones

- The Humerus
(arm bone)
- The Scapula
(shoulder blade)
- The Clavicle
(collar bone)



Shoulder Anatomy: Ligaments

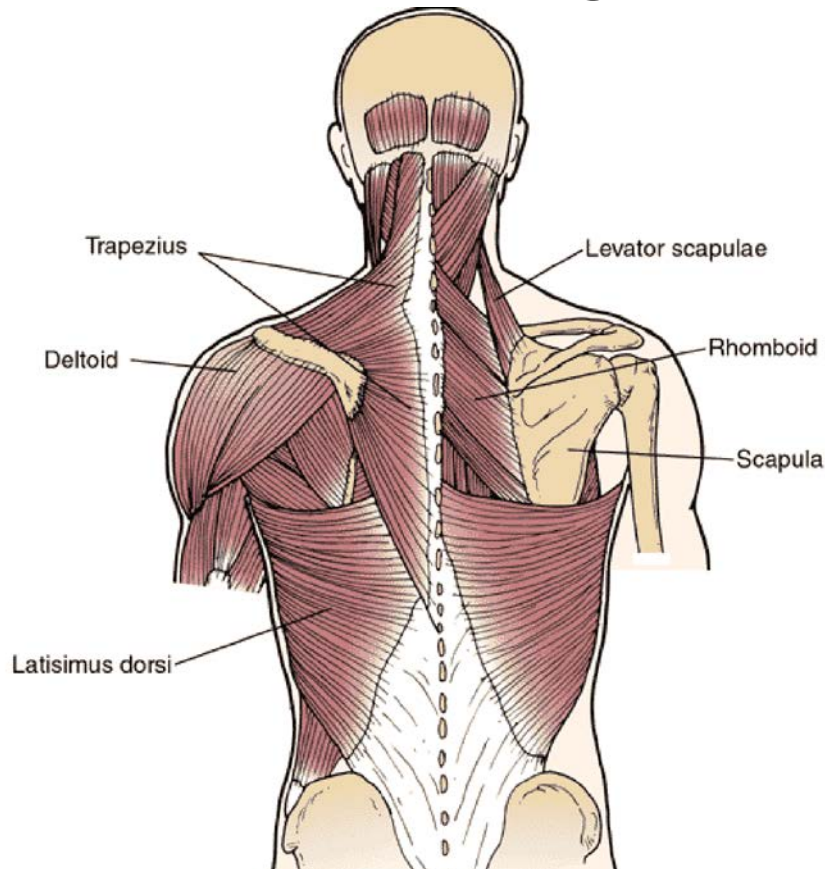
- The shoulder is surrounded by a **capsule** which is made up of several ligaments.



Shoulder Anatomy: Muscles

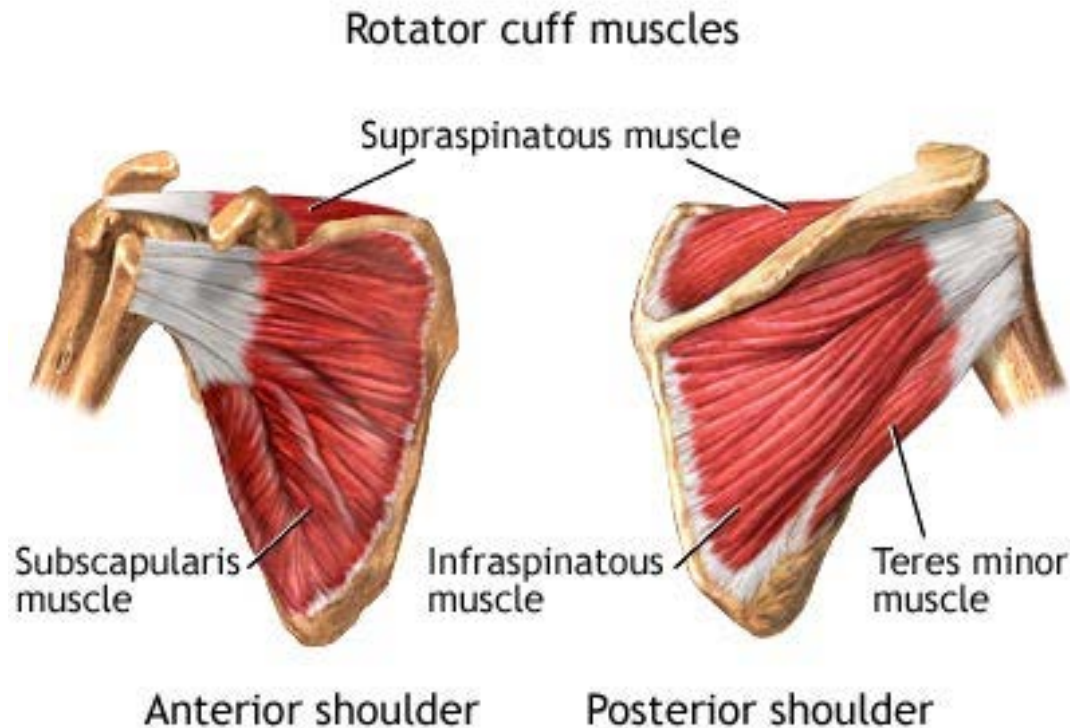
Several muscles connect the shoulder blade and arm to the body

- Deltoid
- Rhomboid
- Trapezius
 - (Traps)
- Levator Scapula
- Latisimus Dorsi
 - (Lats)



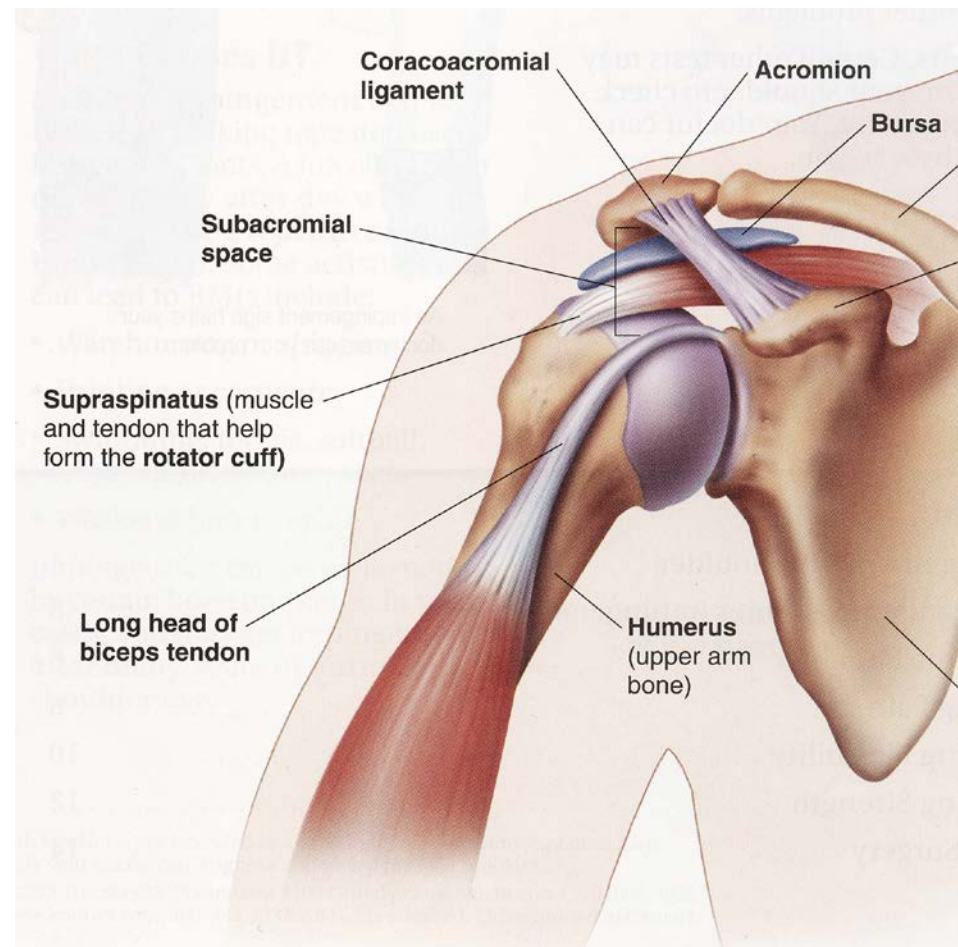
Shoulder Anatomy: Muscles

The rotator cuff muscles connect the arm to the shoulder blade. The muscle turns into a tendon where it attaches to the bone.

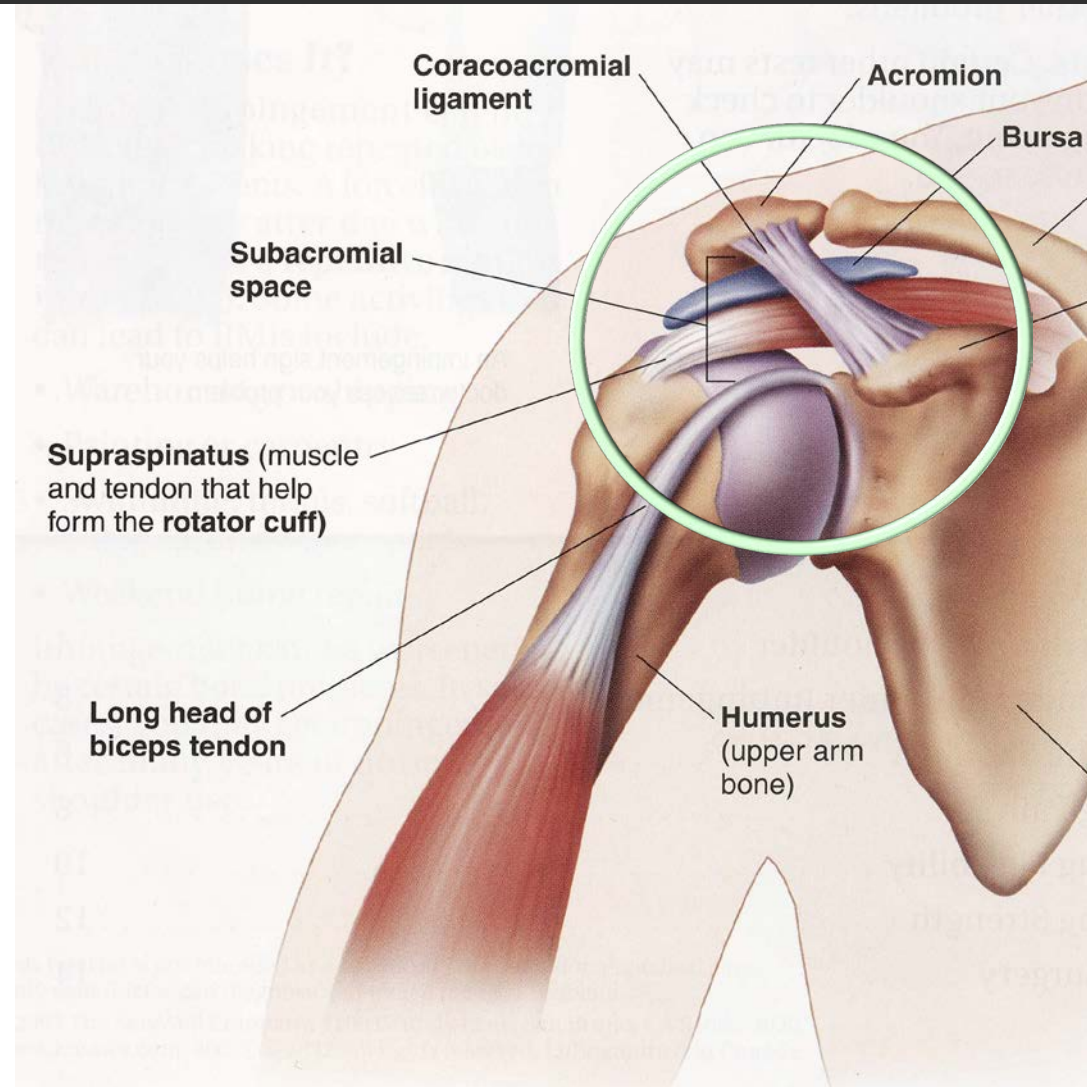


Shoulder Function – Rotator Cuff

- The rotator cuff muscles are very important for healthy shoulder function.
- They keep the ball of the humerus (the long arm bone) securely within the socket as you raise your arm.
- The rotator cuff tendons pass under a ligament and through an area called the Subacromial Space.



Shoulder Function – Subacromial space

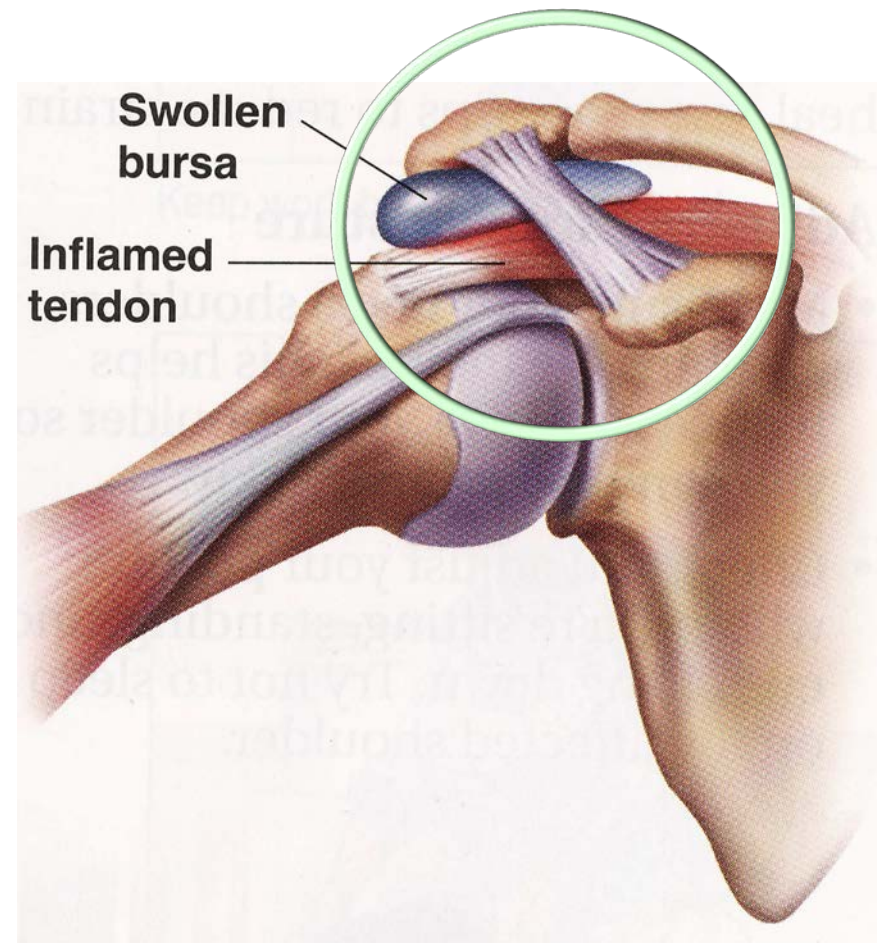


Shoulder Function: Your Shoulder is Always Working

- ▣ Comb your hair
- ▣ Tuck in a shirt
- ▣ Hook a bra
- ▣ Reaching up
- ▣ Carrying groceries
- ▣ Reach for seat belt
- ▣ Put on Deodorant
- ▣ Reach for coffee cup
- ▣ Lifting
- ▣ Lying on your side

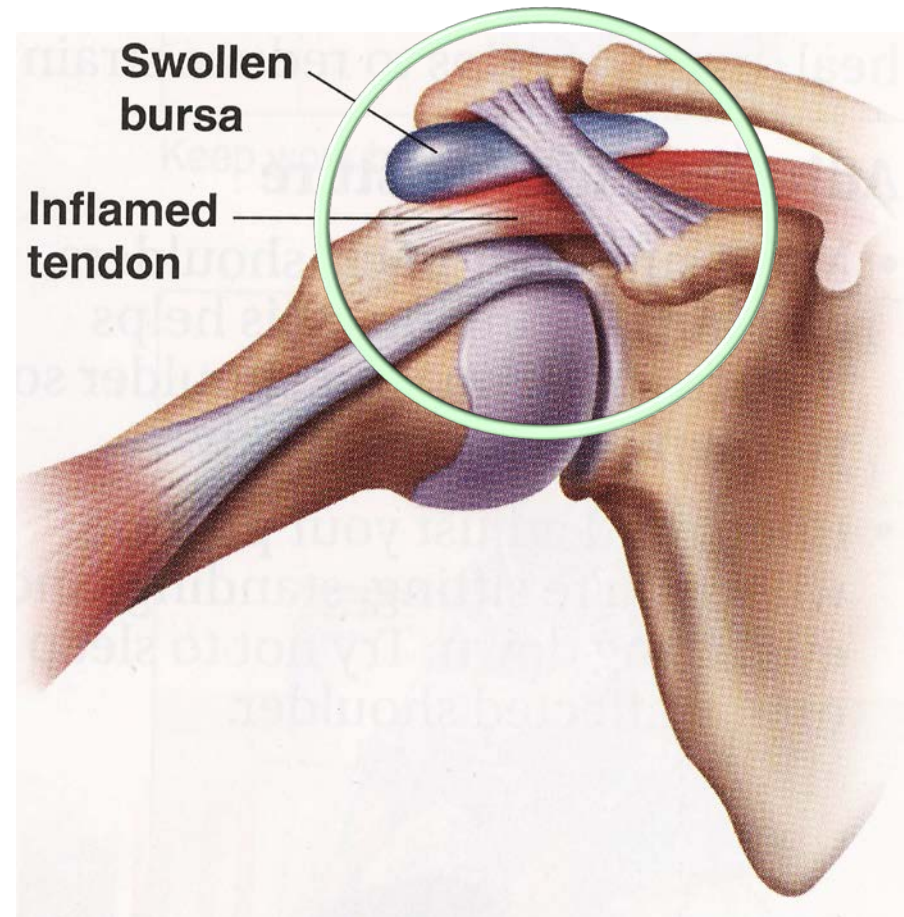
What Goes Wrong – Impingement

- ❑ **Impingement** occurs when there is not enough room in the sub-acromial space for all the structures to move properly
- ❑ **Common causes**
 - ❑ **Tendinitis** – irritation and swelling of the rotator cuff tendons
 - ❑ **Bursitis**
 - ❑ **Arthritis**



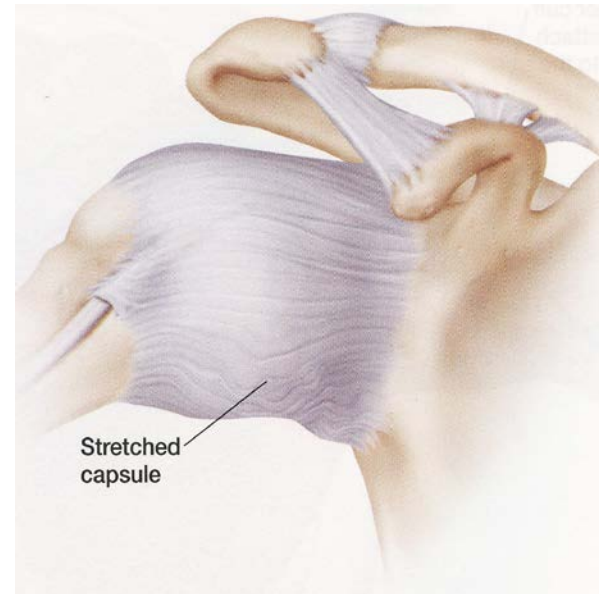
What causes Impingement – Tendonitis and Bursitis

- Repetitive tasks
 - especially those done with the thumb pointing down
- Overhead sports
 - baseball, volleyball, tennis, swimming
- Poor Ergonomics
 - Working with slumped posture
 - Reaching too far for mouse, other objects
- Forceful tasks
 - Lifting, pushing and pulling
- Weakness



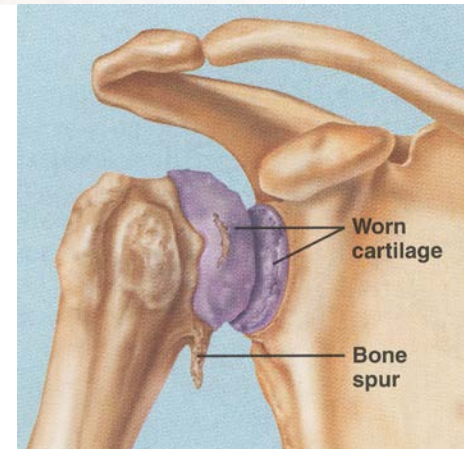
Other conditions that cause pain and stiffness

- ❑ **Frozen shoulder or Adhesive Capsulitis** (changes in the **capsule** that make it stiff and painful)



- ❑ **Arthritis** (wearing down of the cartilage over time)

It is very important to keep moving the shoulder even though it is painful



How To Care For Your Shoulder

- ▣ "First Aid"
 - ▣ Rest
 - ▣ Ice vs Heat
 - ▣ Medication
 - ▣ Activity Modification
- ▣ Therapeutic Exercise
 - ▣ Level 1
 - ▣ Level 2

“First Aid”

The first goal is to rest the painful tissues
and reduce swelling

- Apply cold packs to your shoulder for 10-15 minutes, 3-4 times each day to reduce pain.
- If your shoulder is more stiff than painful, you can apply heat.
- Take your medications as prescribed by your doctor.
- Modify your activities, avoid positions or movements that are painful
 - (except to gently stretch to maintain your range of motion)

Activity Modification: Don't

- ❑ Work with arms overhead for more than a few minutes at a time.
- ❑ Lift heavy loads.
- ❑ Reach with the palm down.
- ❑ Support yourself on the painful shoulder.
- ❑ Rest your painful arm on the windowsill when driving.
- ❑ Sleep on your painful shoulder.
- ❑ Carry your purse, backpack, or other items over one shoulder.
- ❑ Work at the computer for long periods of time without taking a break.
- ❑ Sit with Slumped posture

Do

- ❑ Lift and carry items close to your body.
- ❑ Distribute items between 2 bags when carrying.
- ❑ Point thumb up when reaching for something.
- ❑ Take regular breaks from activities you do over and over again.
- ❑ Use a footstool or ladder to reach overhead.
- ❑ Sit upright with your back supported when working at the computer or desk.

Sleeping and Sitting posture

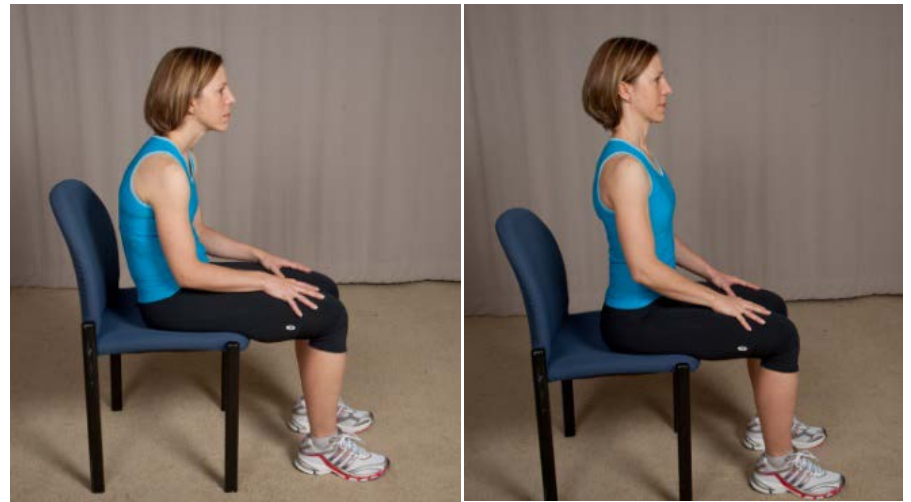
❑ Sleeping position

- ❑ If sleeping on your side is painful, sleep on your back with a pillow under your arm or sleep on your unaffected side and place a pillow under your painful arm.



❑ Use good sitting posture

- ❑ Sit with your buttocks scooted to the back of the chair so that your spine is supported by the chair back.
- ❑ Place a small towel roll between your lower back and chair back. Feet firmly on ground



❑ Computer/Workstation Setup

- ❑ Shoulder position
- ❑ Mouse

Therapeutic Exercise

- The long term goal is to improve the strength and flexibility of your shoulder.
- As your shoulder becomes stronger and more flexible, it will function better and your pain will be reduced
- It may take 6 or more weeks of regular exercise to see significant improvements

Therapeutic Exercise Level 1

- Pendulums
- Shoulder Blade Squeezes
- External Rotation
- Shoulder blade press ups
- Range of Motion (assisted)

Level 1

Pendulums

- Shift your weight from front to back foot allowing your arm to swing back and forth or in a circle
- Repeat for 30 to 60 seconds several times per day



Level 1

Shoulder Blade Squeezes

- ❑ Bring shoulder together
- ❑ Hold for 5 seconds
- ❑ Work up to 15 seconds
- ❑ Repeat 2-3 times
- ❑ Repeat several times per day



Level 1

Shoulder rotation

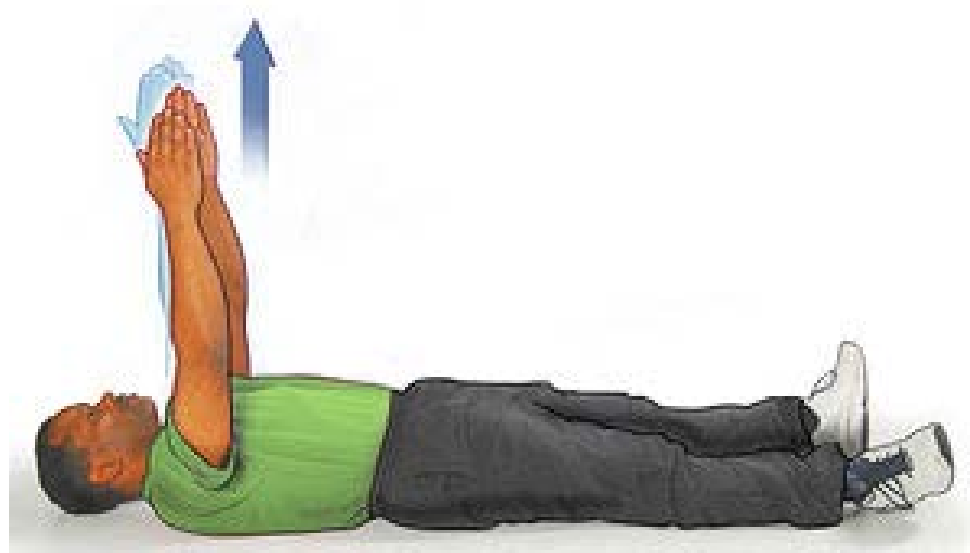
- Keep your elbows at your sides, thumbs facing up.
- **Squeeze your shoulder blades** and rotate your shoulders to bring your hands outward
- Repeat 10-15 times, several times throughout the day



Level 1

Shoulder blade press ups

- Raise your arms to a comfortable position.
- Press your hands up to the ceiling allowing your shoulder blades to slide forward
- Repeat 10 – 15 times



Level 1

Shoulder stretch

- ▣ assist using your non painful arm
- ▣ Hold for 10-20 seconds
- ▣ Repeat 2-3 times



Therapeutic Exercise Level 2

- Row (with band)
- Extension (with band)
- External Rotation (with band)
- Scaption
- Doorway Stretch

Criteria for progression to Level 2

- You must be able to perform these exercises with NO PAIN
- If painful, modify or discontinue the exercise

Level 2

Row with band

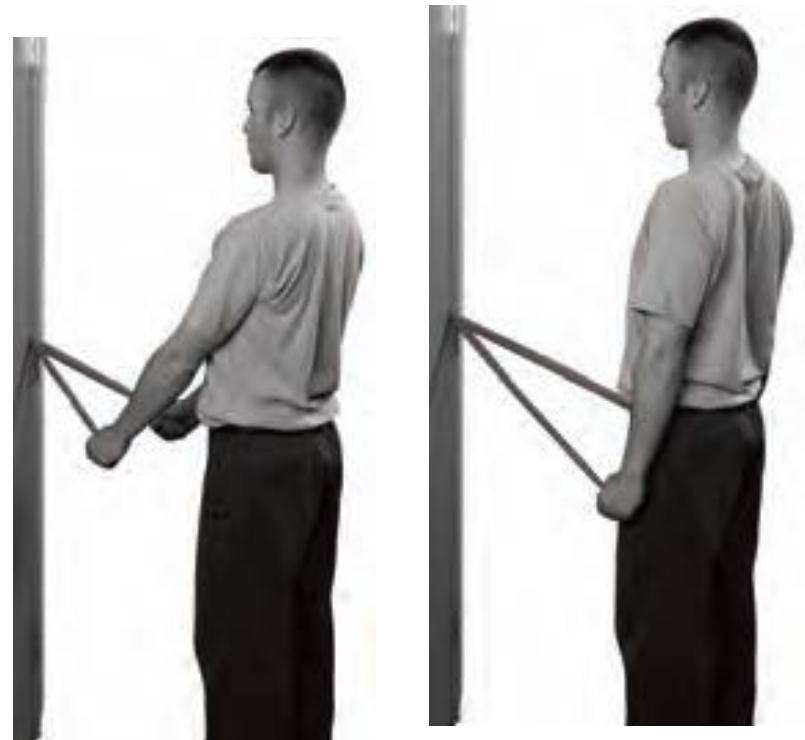
- Hold exercise band with your thumbs pointing up.
- Squeeze your shoulder blades together, bringing elbows towards sides.
- Do not allow hands to move behind your hips. Return to start.
- Hold for 2-3 seconds
- Repeat 10 times



Level 2

Extension with band

- Hold exercise band with your thumbs pointing up.
- Squeeze your shoulder blades together, bringing hands towards hips.
- Do not allow hands to move behind your hips. Return to start.
- Hold for 2-3 seconds
- Repeat 10 times

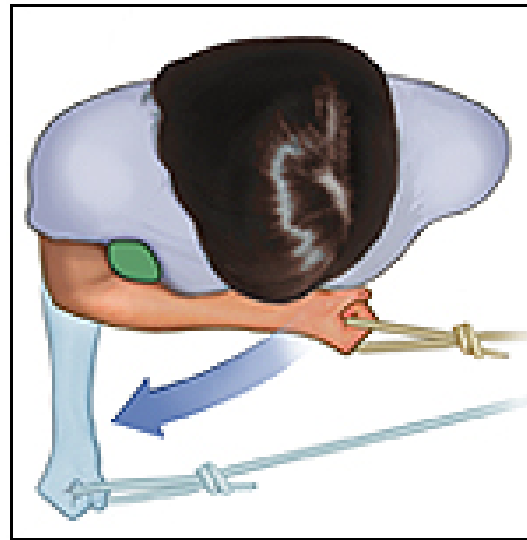


Level 2

External Rotation with band

- Place a rolled towel between your elbow and your body.
- Hold one end of the exercise band and rotate your arm, bringing your hand out to the side.
- Hold for 2-3 seconds
- Repeat 10 times

View from above

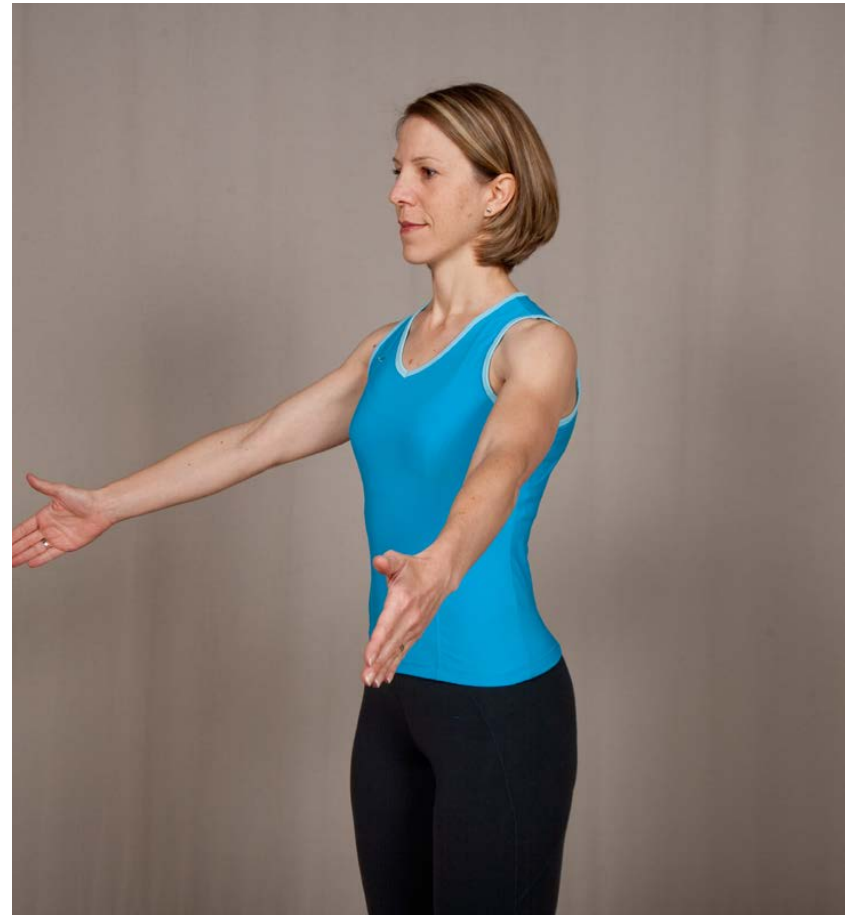


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Level 2

Scaption

- ▣ Gently squeeze your shoulder blades together to prepare for exercise.
- ▣ Keep your elbows straight as you raise your arms forward and away from your body, forming a 'Y'.
- ▣ Stop when your arms reach chest level, or sooner if you begin to feel shoulder pain. Hold for 2-3 seconds
- ▣ Lower your arm slowly to return to the start position.
- ▣ Repeat 10 times



Level 2

Doorway Stretch

- Stand with forearm placed on edges of door.
- Step forward with foot on the same side as the arm you are stretching
- Hold stretch for 20-30 seconds, repeat 2 times



Exercise Guidelines

- Refer to handout for specific guidelines for each exercise level
- Generally start with 10 repetitions daily for the strengthening and 1 minute for the stretching
- Build up to 30 repetitions for the strengthening and 2-3 minutes for the stretching
- Pain free during the strengthening (ALWAYS)
- Monitor your pain during the stretching – muscle stretch pain vs your shoulder pain

What if I have more pain with exercise?

- Have I performed the exercise correctly?
- Have I performed too many repetitions?
- Have I exercised too vigorously?

Conclusion

- The shoulder is a complex joint
- Shoulder problems are common
- Self - treatment can be very effective:
 - Posture
 - Avoid pinching the shoulder structures
 - Stretch and strengthen shoulder
- No pain during the strengthening – progress your exercises slowly. Improvements will happen over time.

Kaiser Fremont
Shoulder Class

Questions
and
Answers