

# Treating a Painful Shoulder

## Shoulder Injuries

The shoulder joint offers the greatest range of motion while relying on stabilizing muscles for stability. Injuries caused by shoulder dysfunction include:

- Rotator Cuff Tendinitis and Tears
- Impingement Syndrome ( Pain with reaching overhead)
- Bursitis
- Frozen Shoulder

**If shoulder pain is recurring, it should be evaluated**

## Responding to Pain

Recurring pain with activity is an indicator of dysfunction within the complex shoulder and should be evaluated. Many people ignore initial signs of pain which often lead to pain and difficulty when:

- Dressing a shirt overhead
- Reaching into the back pocket
- Turning the wheel of a car

## **Did you know...?**

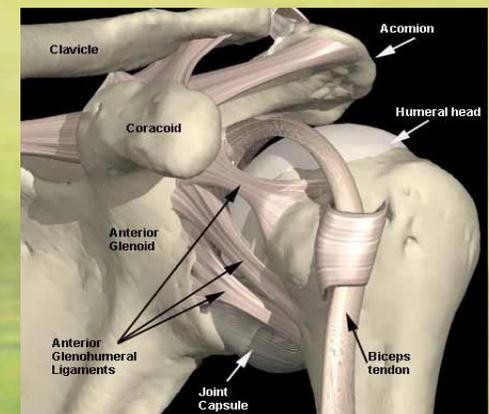
For every degree of outward rotation you gain, you improve 1 degree with overhead reach

Reaching out with the arm to the side increases the pressure in the shoulder joint by more than 100%

## Positioning

Shoulder pain can be aggravated with sleeping positions. Avoid lying with the arms over the head or directly over a painful shoulder

A slumped posture can cause compression of tendons in the shoulder joint leading to inflammation and pain



# Occupational Therapy

## Upper Extremity Therapy

### Shoulder Treatment Provided:

Graded Therapeutic Exercise

Anatomy and Movement Education

Therapeutic Modalities

Manual mobilization techniques

Joint Protection

Positioning of extremity for activity

Home Exercise Program

Posture Re-education

*Independent Living Therapy Services, LLC* is a licensed, private and locally owned outpatient occupational therapy practice providing upper arm therapy, general rehabilitation and specialized therapy evaluations for individuals with orthopedic, neurological and related medical conditions.



### *Evaluating Therapist:*

Ivyrose Gonzales, MOTR/L received her Master's degree from The University of New Mexico School of Medicine in 2008. Ivyrose has experience in restoring function following orthopedic or neurological injury to the upper extremities.

## Independent Living Therapy Services, LLC

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**100% of therapy intervention  
is provided by a skilled  
clinician**

*"Treating with responsibility,  
passion and excellence."  
Ivyrose Gonzales MOTR/L*