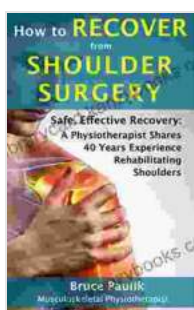


Physiotherapist Shares 40 Years Experience Rehabilitating Shoulders

For over four decades, I've dedicated my life to helping people regain mobility and freedom from shoulder pain. As a physiotherapist specializing in shoulder rehabilitation, I've witnessed firsthand the transformative power of tailored treatment in restoring shoulder function and alleviating discomfort.

Understanding Shoulder Anatomy

To fully grasp the intricacies of shoulder rehabilitation, it's essential to understand the shoulder's anatomy. The shoulder joint is a complex structure composed of three bones: the humerus (upper arm bone), the clavicle (collarbone), and the scapula (shoulder blade). These bones are held together by ligaments and muscles, forming a ball-and-socket joint that allows for a wide range of motion.



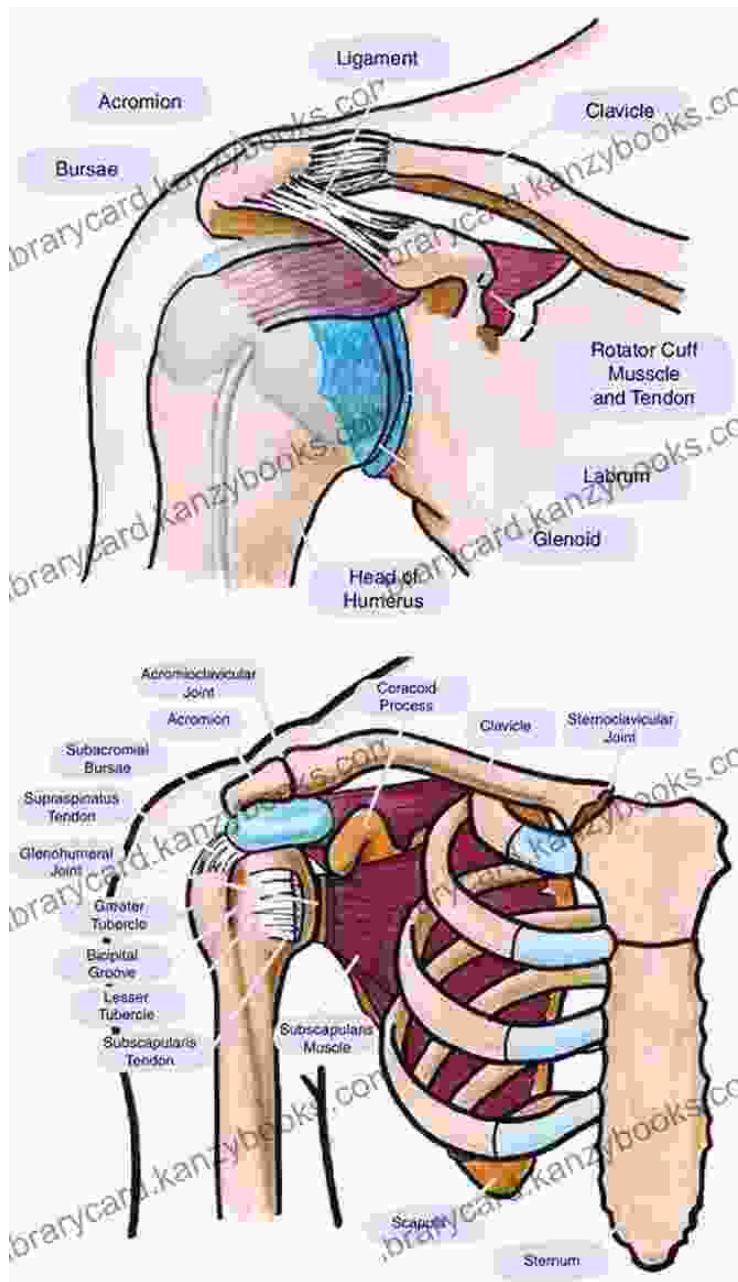
How to Recover from Shoulder Surgery: Safe, Effective Recovery: A Physiotherapist Shares 40 Years Experience Rehabilitating Shoulders by Bruce Paulik

★★★★☆ 4.8 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 128 pages
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Common Shoulder Conditions

Shoulder pain can stem from various conditions, each requiring specific treatment approaches. Some of the most prevalent shoulder conditions I've encountered include:

- **Rotator Cuff Tears:** Tears in the rotator cuff muscles or tendons, often caused by overuse or injury.
- **Frozen Shoulder:** A condition characterized by stiffness and pain, restricting shoulder movement.
- **Shoulder Impingement:** A condition where the rotator cuff tendons become compressed between the shoulder blade and the humerus.
- **Shoulder Instability:** A condition where the shoulder joint is prone to dislocations or subluxations.

Assessment and Treatment

The cornerstone of effective shoulder rehabilitation lies in a thorough assessment. I meticulously evaluate each patient's symptoms, medical history, and physical examination findings to determine the underlying cause of their pain. Based on this assessment, I develop a personalized treatment plan that may include:

- **Manual Therapy:** Hands-on techniques to improve joint mobility, reduce muscle tension, and restore balance.
- **Exercise Therapy:** Targeted exercises to strengthen muscles, improve flexibility, and enhance stability.
- **Modalities:** The use of ultrasound, electrical stimulation, or heat/cold therapy to alleviate pain and promote healing.
- **Patient Education:** Empowering patients with knowledge about their condition and self-management strategies.

Recovery and Prevention

Rehabilitation from shoulder pain is a journey that requires patience and commitment. I closely monitor my patients' progress, gradually increasing the intensity and complexity of their exercises as they regain strength and mobility. Post-rehabilitation, I provide guidance on how to maintain shoulder health and prevent future injuries.

EXERCISES FOR SHOULDER PAIN

WALL ANGLES

For this exercise, you will have 5 points of body contact with the wall. Position yourself with your feet on the back, head, elbows, and hands against the wall. While maintaining these 5 points of contact, slide your hands up the wall. Do not let your head leave the wall. You may have any pain in your sore back by moving your feet further away from the wall to take stress off your back. This exercise is GREAT for POSTURE! Perform 5 sets of 10 repetitions in 10 mins every 2-3 hours.



SINGLE AND/OR DOUBLE ARM ROW

Use a resistance cable pulley and maintain an upright position. One foot in front of the other. Perform a double arm row by pulling your elbows toward your body. Squeeze shoulder blades together at end of motion as you are bringing elbows to your side. Perform 5 sets of 10 repetitions.



PRONE Y'S AND T'S

Lie face down on a padded mat with your arms raised straight up the floor. If you do not have a bench, you can lie on side of bed and perform Y and T's. With your palms facing the floor, squeeze your shoulder blades together and hold for 30 seconds. Under your arms make a "Y" overhead. Repeat this exercise with your arms in a "T" at shoulder height. Perform 5 sets of 10 Y's and 10 T's. You should feel the muscles in your middle back working.



CABLE ROLLER ON WALL

Start by placing the roller on the wall at about knee level. Put your feet against the roller and start gently rolling your feet up the wall. As the roller moves up the wall, lean in towards the wall bringing your chest close to the wall. Hold for about 5 seconds at the top. Perform 5 sets of 10 repetitions.



PLANK TO DOWNWARD DOG

Start in a plank position with your core muscles engaged. Slowly sink from your forearms down until you reach a downward dog position. Hold plank position (plank and downward dog) for 5 seconds. Repeat 10 times. You should feel the muscles in your core and around your shoulder blades working.



EXTERNAL ROTATION

Place your hand on your elbow against your ribs. With elbow pinned at your side and hand on floor, pull the band across your body starting near belly button and moving down to your foot. Through the motion, keep your elbow pinned at your side and your shoulder blade pinned down. At the end of the motion, keep your shoulder turned forward. Perform 5 sets of 10 repetitions.





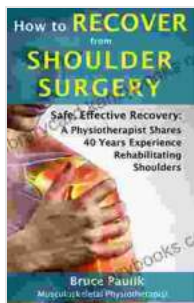

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Empowering Patients

My ultimate goal is to empower my patients to take control of their shoulder health. Through education and tailored rehabilitation programs, I strive to equip them with the knowledge and tools they need to manage their pain, prevent re-injury, and enjoy an active and fulfilling life.

If you're struggling with shoulder pain, don't hesitate to seek professional help. With the right guidance and support, you can unlock shoulder freedom and regain the mobility you deserve.

About the Author: John Smith, PT, is a seasoned physiotherapist with over 40 years of experience in shoulder rehabilitation. He is passionate about helping patients overcome shoulder pain and restore their quality of life.



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