

ANTERIOR SHOULDER PAIN

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WHAT IS IT?

Having pain at the front of your shoulder is a very common injury. Sometimes it will attract the diagnosis of Sub-acromial impingement, Bursitis or Rotator Cuff Tendinopathy.

WHY DOES IT HURT?

The tendons under the tip of your collar bone have an increased degree of compression placed on them either from:

- alterations to the shoulder blade movement and positioning
- poor control around the ball and socket joint of the shoulder

BEST TREATMENT?

Physiotherapy identifies the causative factors of your shoulder pain, and then optimises your shoulder position and posture. Then we go about strengthening! We find the right load and start light and in low ranges. Then we increase your range and strengthen accordingly. You need to be strong with your shoulder by your side and strong in high reaching positions. We need to strengthen through the full 180 degrees.

SYMPTOMS OFTEN INCLUDE

- No specific cause of the injury / pain
- Pain progresses over time
- Pain with lifting, reaching or overhead tasks
- Pain with rotation movements, such as tucking in shirt, doing up bra, stirring while cooking dinner

DO I NEED SURGERY?

Most likely not!

Physiotherapy and exercise has been shown to be more effective than surgery.



"Be patient + trust the process. strengthening through range takes time" Said every Physio everywhere

