

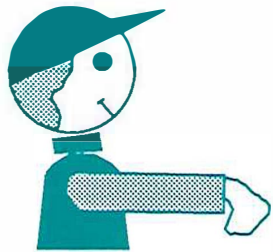


## Introduction

The shoulder is a closely fitted joint. It is made up of the humerus/Scapula (upper arm bone), tendons and muscles that lift the arm and bursa (fluid-filled sac that cushions to prevent friction). The structure moves back and forth through a very tight archway of bone and ligament called the coracoacromial arch. When the arm is raised, the archway becomes smaller, pinches the tendons, and makes the tissue prone to inflammation.

## The Injury

Shoulder bursitis/tendinitis is a common overuse injury where the arm is used in an overhead motion (i.e., swimming, Tennis). Shoulder pain is usually felt at the tip of the shoulder and referred down the upper arm. This may increase when the arm is lifted overhead or twisted. In extreme cases pain will be present all the time and it may even wake the injured individual from a deep sleep.



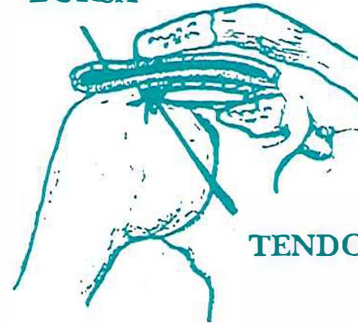
**Bursitis** occurs when the bursa becomes inflamed and painful as surrounding muscles move over it.

**Tendinitis** occurs when tendon sheaths surrounding and lubricating the tendons become inflamed, swollen, and tender. Symptoms of bursitis/tendinitis usually last for only a few days, but they may recur or become chronic.

## Contributing Factors

- **Overuse.** Repetitive overhead motions are the most common cause of the problem.
- **Weak Muscles.** When the muscles are weak, more force is exerted on the tendons and bursa, causing inflammation and pain.
- **Improper/inappropriate swimming or throwing techniques.**
- **Strenuous training.** One hard throw may start the problem.
- **Previous injuries to the shoulder**
- **Loose shoulder joint**

BURSA



TENDON



BLOCKING OF BURSA



## Flexibility Exercises

These exercises move the joint, carefully, as far as it can go in all directions. After pain has subsided, shoulder muscles must be strengthened to prevent bursitis/ tendinitis from recurring.

## Range of Motion Exercises



Support yourself with your good arm as shown. Bend forward at the waist and let your bad arm hang down. Make large circles with your arm in one direction, then the other.

With palm out, place the hand of your injured arm behind your back and reach up as high as possible, as though you were going to scratch your back with your thumb.

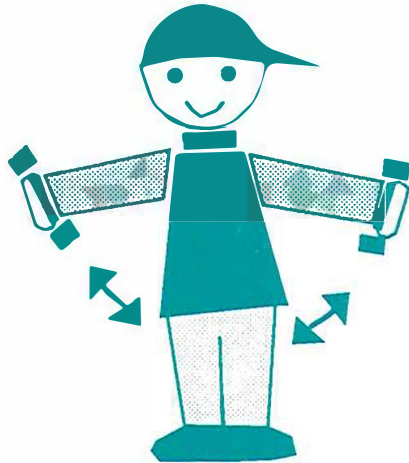




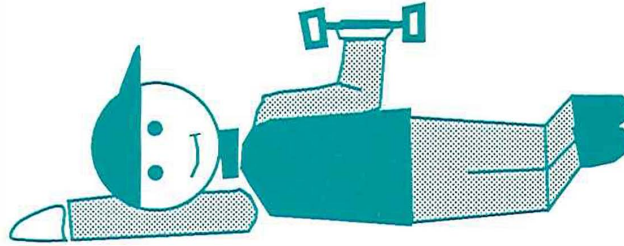
The back portion of the shoulder joint can be stretched out in this position by gently pulling your arm across your body, keeping your elbow straight & supporting the area with other hand.

## Strengthening Exercises

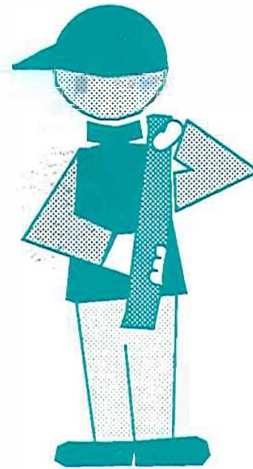
These Exercises can be done with Tins of food, cans of beer or three-and five-pound dumbbell weights.



With elbows straight and thumbs turned toward floor, and arms about 30° forward, slowly raise arms to just below shoulder level. Slowly lower arms to starting position controlling the weight on the way down.



Lie on your side as shown with injured shoulder up, holding elbow close against ribs. Slowly raise weight until it points to ceiling. Then lower to starting position.



**Stretching:** Hold a Towel behind your back with injured arm holding top end of towel as if drying your back. Hold the position for 3 seconds, then slowly lower the towel to original position.

for further information contact:  
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# SHOULDER REHABILITATION PROGRAMME



## EXERCISE PRESCRIPTION

Name: \_\_\_\_\_

Plan: \_\_\_\_\_

Repetition: \_\_\_\_\_

Sets: \_\_\_\_\_

*Dr. Conor O'Brien*