



Keeping
British Columbians
Moving for **Life**

PHYSIOTHERAPY ASSOCIATION OF BC

Shoulder Pain and Injuries

The shoulder joint is the most movable — and by its nature, the least stable — joint in the body, making it prone to injury at both work and play. Physiotherapists can treat most shoulder injuries, which commonly include sprains, strains, dislocations, rotator cuff tears and frozen shoulder.

How Physiotherapy Helps Shoulder Pain and Injuries

Shoulder dislocations, separations and instabilities require specialized rehabilitation to protect your injury and restore your shoulder to full movement. Your physiotherapist will assess movement and show you how to strengthen the rotator cuff to keep your shoulder positioned optimally in the joint to prevent improper mechanics while moving your arm.

Using manual therapy and other treatment techniques, physiotherapists help you regain any lost shoulder mobility, with instructions on how to improve postural alignment, prescribe therapeutic exercises that will keep your shoulders moving through the full available range of motion, and maintain optimal muscle balance around the shoulder girdle.

When shoulder problems require surgery, your physiotherapist will provide post-surgical rehabilitation to support the surgeon's durable outcomes, and to help you avoid common complications, while restoring strength and flexibility.

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Who are Physiotherapists?

Physiotherapists are university trained medical professionals qualified to assess and treat the conditions that are affecting your body's movement system and function, and prescribe therapeutic exercise to sustain improved mobility. They are experts in treating shoulder conditions and injuries.





Practical Tips

- **Get in balance.** The shoulder joint needs the perfect balance of strength and flexibility to keep it in great shape and injury-free. Your physiotherapist will provide you with stretches and exercises to help in both of these areas.
- **Correct poor postural habits.** Improving movement, strengthening shoulder muscles, and correcting poor postural habits can improve shoulder function and reduce pain. You should be mindful of your posture at both work and at play – your physiotherapist will help you learn the right skills for the activities to help prevent shoulder injuries.
- **Keep it loose.** Frozen shoulder is a debilitating and painful condition, and a common complication for many shoulder injuries. Your physiotherapist will help you keep your shoulder moving through the full available range of motion to maintain optimal muscle balance around the shoulder girdle, and will work with you on exercises and stretches that will help you regain full range of movement in your shoulders.

For more information

To find a physiotherapist best for you, visit the PABC's website at www.bcphysio.org or download the **Find a Physio** app.

