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Shoulder pain

IS SHOULDER PAIN RESTRICTING YOUR LIFESTYLE?

Symptoms:

- ◆ Raising your arm hurts! ...Especially if reaching above chest height?
- ◆ Can't sleep on your side?
- ◆ Has your shoulder been sore for a while & NOT getting better?

How:

- ◆ Most people don't recall how!
- ◆ Normal daily activities like gardening, lifting, pulling & pushing ... wear and tear
- ◆ Gradual onset or often a minor event

Why:

- ◆ Tendons become worn, weak & sometimes develop small tears
- ◆ Your body tries to heal & tightens up the shoulder area causing other issues ... soon your shoulder gets worse not better!

What else? Facts...

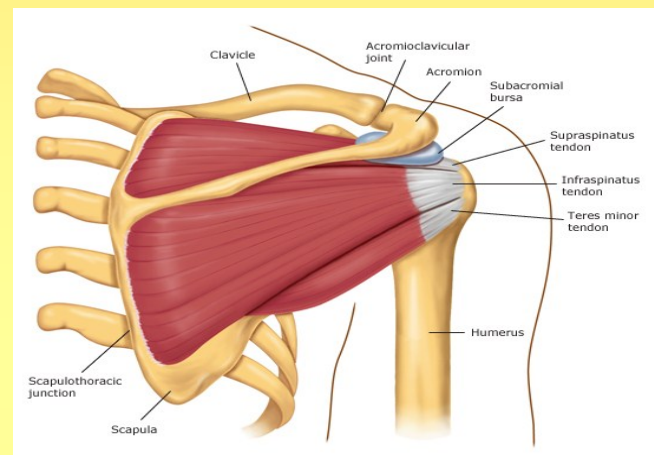
- ◆ Tendons start to deteriorate from the age of 40 (YES 40!!)
- ◆ Injury can drag on for months or years unless appropriate treatment is started & exercises continued
- ◆ Very common area of work injuries

Staff Profile: Callum Miller

1. Hails from: *Zimbabwe*
2. Physio interests: *Work Injuries, sports injuries*
3. Favourite Sport Team: *Queensland Reds*
4. First 3 places in the world to visit: *Spain, South America, Antarctica*
5. Favourite Food: *Seafood*
6. Something people don't know about me: *I love to riding my motorbike fast*

Muscles of the Rotator Cuff

- ◆ 4 small muscles work as a team to move and stabilize the shoulder:
 - reaching & lifting
 - pushing & pulling
 - manoeuvring your arm around
- ◆ Tendons join the muscles to the bones
- ◆ Damage to tendons is the source of most shoulder injuries

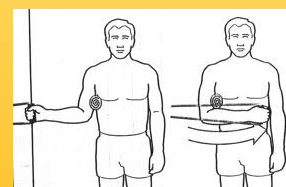
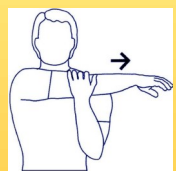


How can physio help?

- ◆ Physio treatment for this injury includes mobilisation of the shoulder joint, massage, dry needling (acupuncture) of trigger points, stretching & strengthening
- ◆ Rehabilitation program is designed to suit the individual – to treat the affected area and address the causes of your injury

Try these simple exercises

- ◆ Stretch your shoulder across your body as demonstrated in this picture. Hold for 20 seconds, 6 times, 3 times per day
- ◆ Strengthen rotator cuff muscles. These are performed twice daily using theraband



Mount Isa Physiotherapy has a proven track record of successful outcomes managing shoulder injuries.