

Professional Care of:

- Musculoskeletal Injuries
- Back, pelvis & neck problems
- Sports Injuries
- Headaches
- Knee problems/injuries
- Shoulder problems/injuries
- Women's Health

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TEWANTIN PHYSIOTHERAPY AND SPORTS INJURY CENTRE

Shoulder Injuries

Your shoulders are composed of large muscles that regularly exert themselves when carrying, lifting, pushing, and pulling, all movements you will do countless times over your life time. Because of the extent of its use, shoulder injuries are commonplace.

'Shoulder' is a colloquial term used to describe a four jointed system:

- Linking the shoulder blade (scapula) and upper arm (humerus) is the glenohumeral joint. The muscles surrounding this structure are known as the rotator cuff.
- Connecting the collar bone (clavicle) and scapula is the acromio-clavicular joint.
- Joining the clavicle and breast bone (sternum) is the sternoclavicular joint.
- Finally the so-called 'virtual joint' between the chest wall and scapula.

Shoulder injuries will typically involve these joints and any surrounding musculature, specific damage to elements of this system will limit specific ranges of motion. The shoulder is actually capable of a broader range of motion than any other part of the body, able to assume approximately 1600 different positions. Unfortunately, this carries with it a resulting instability that often results in injury. Common Shoulder injuries are: Frozen shoulder, shoulder tendonitis, dislocated shoulder and a broken collar bone are extremely common shoulder injuries. Shoulder injury symptoms typically include shoulder pain, shoulder weakness, a stiff shoulder and shoulder joint instability. Shoulder pain and shoulder injuries frequently occur due to trauma or sporting overuse.

Treatment Options for Shoulder Injuries

The type of physiotherapy treatments that you will receive depends on the specific condition that you have and whether you've undergone surgery or not. In addition, your physiotherapist will likely ask about your goals for rehabilitation.

Physiotherapy treatments for shoulder injuries may be composed of a combination of any of the following:

- Cold therapy (ice pack application/ice massage)
- Hot pack application
- Immobilization (splinting/bandaging)
- Transcutaneous electrical nerve stimulation (TENS)
- Ultrasound (US)
- Soft tissue mobilization (massage)
- Shoulder joint mobilization
- Physiotherapy exercises
 - Range of motion exercises
 - Stretching or flexibility exercises
 - General conditioning exercises
 - Shoulder muscles strengthening exercises
- Patient education
 - About the patient's particular shoulder problem
 - Precautions and activity modification
 - Self-care of symptoms
 - Wound self-care (after surgery)
 - Home exercise program
 - Shoulder injury prevention
- Return to work or sports rehabilitation program

Physiotherapy treatment and advice can dramatically improve the treatment and prevention of shoulder pain.



Use It Or Lose It In 2012!

This is something that you need to be aware of for sure....

Did you know that **you lose private health fund benefits each year?**

Most of our patients are unaware of this, so we thought we should let **you know**, so now's the time to use your entitlement before it's lost forever for Physiotherapy Care/Treatment in our practice! Choose to use your health fund entitlement.

Most health funds allow extras claims during a 12 month period, usually running calendar year from January till December.

Unused claims generally **DO NOT** carry over to the next year or so.....

IF YOU DO NOT USE IT...YOU LOSE IT

With HiCaps® instant rebates on the spot; you can use your health fund benefit to achieve a pain free life, get a check-up, recover from injury, get back into your rehab classes, etc!

The **choice** is yours but as I have mentioned earlier - **Use It Or Lose It In 2012!**

Enjoy the rest of 2012 and be healthy as you can be, out of pain and enjoying the things in life that you are meant to and start 2012 refreshed and ready to go!

Don't miss out on the rebate you pay for! Call our practice today to schedule an appointment and take advantage of the funds still available to you before they run out. **Call Us** now!

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