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PatientInformation

Shoulder Joint Related



The condition

- Acromio-clavicular strain
- Sterno-clavicular strain
- Fractured Neck of Humerus
- Fractured Shaft of Humerus



The shoulder complex is made up of 4 separate joint structures.

About the condition (Shoulder Joint Related)

- Frozen Shoulder (Capsulitis)

The reason for development of a **frozen shoulder** is not entirely understood. Sometimes it follows an episode of injury to the shoulder but other times it comes on gradually without any obvious cause. It results in a shrinking of the capsule around the shoulder joint.

The joint above the actual shoulder (the **acromio-clavicular**) is often also affected in a frozen shoulder but also may develop as a result of a fall on the outstretched hand or on the point of the shoulder.

The **sterno-clavicular** joint is often strained as a result of a direct blow or tackle.

Usual symptoms include

- Pain in the shoulder sometimes even at rest and often worse at night
- Pain can be referred to the mid arm or even as far as the hand
- Restricted movement at the shoulder e.g. reaching behind your back, above your head and/or across to your other shoulder
- Daily activities such as sleeping, dressing and carrying loads is difficult

What we can do to help

- We advise on how best to manage your shoulder to avoid pain and the injury becoming worse through self-management exercises and positions.
- Gentle massage and joint mobilisations can relieve pain and restore movement
- Acupuncture and/or electrotherapy relieves pain, facilitates healing and allows better movement
- We teach and manage a progressive strengthening programme of exercises to the shoulder girdle to restore the balance of strength and flexibility.
- We progress into daily activities and return you progressively to leisure and sporting activities.
- We are planning to see you about ___times over the next___ week(s)

Your local Active Physio:



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