



ACTIVEPHYSIO®

If it's not active it's not physio

PatientInformation

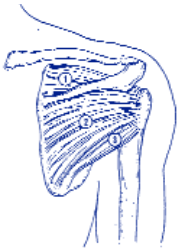
SoftTissue Shoulder



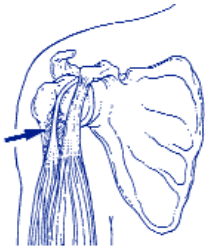
The conditions

(Soft tissue related in the shoulder)

- Rotator Cuff Strain / Rupture
- Long Head Biceps Strain / Rupture
- Shoulder Subluxation / Dislocation



The rotator cuff acts to hold the shoulder bone up into the socket and stabilise the joint.



The long head of biceps moves your shoulder forwards and its tendon lies within the shoulder joint.

About the conditions

The muscles of the rotator cuff are fundamental in the mechanics of the shoulder. The rotator cuff refers to the tendons that hold the shoulder bone up into its socket. It works when you lift your arm away from your side. The Long head of the Biceps moves your shoulder forwards and its tendon actually lies within the shoulder joint.

The difference between a strain and a rupture relates to the amount of the tendon that has been damaged. A strain consists of only some of the tendon but a rupture indicates a full thickness tear: that is of course more serious and often requires orthopaedic intervention.

Both these muscles are important in controlling movement at the shoulder joint and giving this very mobile joint some stability. When a force has been applied to the shoulder joint, particularly a forward moving force such as a tackle with an outstretched arm, the shoulder bone can pop out of its joint. This does much damage to the holding structures of the shoulder such as the tendons named above plus the ligaments and capsule that surround the shoulder joint.

Usual symptoms include

- Problematic movement (either pain or inability to move normally)

What we can do to help

- We advise how to best support your arm and manage it during the acute period to relieve pain and avoid further injury
- Once sub-acute we settle the tendon damage with manual therapy (deep frictioning) and/or electrotherapy or acupuncture to facilitate the blood flow and healing rate
- We manage a progressive stretching programme to prevent scar tissue limiting future function involving manual therapy and exercises
- We manage a progressive strengthening programme to restore the muscle balance of the shoulder and shoulder blade
- We graduate the return to normal day-to-day and sport activities.
- We are planning to see you about ___times over the next__ week(s)

Your local Active Physio:



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