

NECK PAIN – WHAT'S NEW IN SHOULDERS

By Simon Burley Physiotherapist

The most common shoulder injury is rotator cuff tendonitis or tendon tear, where a tendon in the shoulder is jammed beneath a piece of bone. Sometimes a one-off incident like a fall injures the tendon, but usually it is the repeated rubbing of the tendon against the bone over time. This can occur with ordinary activities like hanging washing on the line or from sports like swimming or tennis.

The most exciting development in shoulders of late is that this debilitating condition can be treated with simple exercise programmes.

Research has shown that 70% of cases will respond to an exercise therapy programme. This is because one of the chief causes has been found to be due to poor muscular control of the shoulder movement both at the ball in the socket and at the shoulder blade itself.

Before beginning the exercises our physiotherapists will fully assess the shoulder and if a badly damaged tendon or other condition (i.e. frozen shoulder) is suspected then further investigation by a medical specialist is required.

The day's of physiotherapy involving only heat and ultrasound are long gone and if you are prepared to do a few simple but very precise exercises for a short time your shoulder problems can be cured.

For further information contact Simon Burley or Jason Taylor at the Maroochydore Physiotherapy Centre on 5479 1777 or Buderim Physiotherapy Centre on 5476 9068.