

THE RECOVERY

TREAT YOUR OWN SHOULDER

February 2014

WHAT IS TENDONITIS OF THE SHOULDER?

The inflammation of the rotator cuff and/or bicep tendons.

WHAT CAUSES TENDONITIS IN THE SHOULDER?

Repetitive lifting or overhead activities.

Ex: construction, swimming, baseball, painting and tennis

WHAT ARE SOME SYMPTOMS OF TENDONITIS IN THE SHOULDER?

Beginning symptoms: minor pain that is present both with activity and at rest, pain radiating from the front of the shoulder to the side of the arm, sudden pain with lifting and reaching movement, and athletes in overhead sports may have pain when throwing or serving a tennis ball.

As the problem progresses symptoms may include pain at night, loss of strength and motion and difficulty doing activities that place the arm behind the back.



WHAT IS A GLENOID LABRUM TEAR?

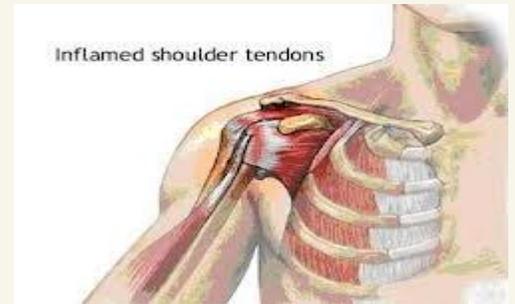
Also known as a shoulder tear, is a tear that can be located either above or below the middle of the glenoid socket.

WHAT CAUSES A GLENOID LABRUM TEAR?

Acute trauma or repetitive shoulder motions including falling on an outstretched arm, a direct blow to the shoulder, sudden pull or a violent overhead reach, trying to stop a fall or slide, and athletes and weight lifters can be effected by this because of repetitive shoulder motion.

WHAT ARE SOME SYMPTOMS OF A GLENOID LABRUM TEAR?

Pain with overhead activities, catching, locking, popping or grinding, night pain or pain with daily activities, sense of instability in the shoulder, decreased range of motion, and loss of strength.



WHAT IS A ROTATOR CUFF TEAR?

- Partial Tear: this type of tear damages the soft tissue, but does not completely sever it.
- Full-Thickness Tear: this type of tear is also called a complete tear, splitting the soft tissue into two pieces. In many cases, tendons tear off where they attach to the head of the humerus. With a full-thickness tear, there is basically a hole in the tendon.

WHAT CAUSES A ROTATOR CUFF TEAR?

- Acute tear: if you fall down on your outstretched arm or lift something too heavy with a jerking motion, you can tear your rotator cuff.
- Degenerative Tear: these tears are the result of wearing down of the tendon that occurs over time. Some factors that contribute to this is: repetitive stress, repeating the same shoulder motions over and over again, baseball, tennis, rowing, weightlifting, routine chores, lack of blood supply and bone spurs.

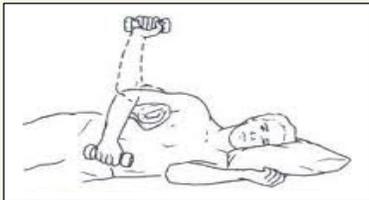
WHAT ARE SOME SYMPTOMS OF A ROTATOR CUFF TEAR?

Pain on the affected shoulder while at rest or at night, pain when lifting and lowering your arm or with specific movements, weakness when lifting or rotating your arm, and crepitus or crackling sensation when moving your shoulder in certain positions.



WORKOUTS TO HELP YOUR SHOULDER

*** This information is generalized and should not be used if you have not consulted your Physician or Physical Therapist for proper diagnosis and treatment***

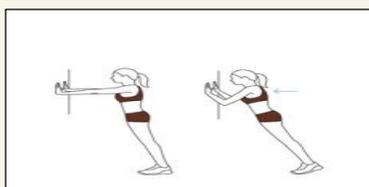
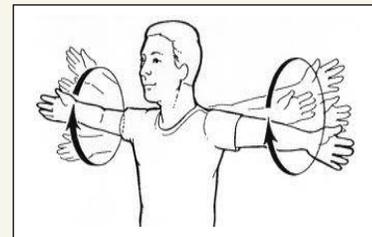


SIDE-LYING EXTERNAL ROTATION:

1. Start by lying on your side with the shoulder that's injured on the top. Keep your elbow bent at 90 degrees and tucked into your side the entire time. Your hand should rest comfortably in front of your navel.
2. Raise your hand up toward the ceiling with your elbow still bent and tucked into your side. The motion should be coming from shoulder as it rotates. Once your shoulder rotates out all the way, hold the position for 2 seconds.
3. Slowly return to the starting position in a controlled manner
4. Perform this exercise 8-10 times pain free, for 3 sets

SMALL, MEDIUM, AND LARGE CIRCLES:

1. Start by standing with your feet shoulder width apart. Your arms should be out to the side, so your body forms a "T".
2. Start by making small circular motions with both arms on either side. After completing your repetitions for the small circular motions, enlarge your circles to medium size then large size with the same amount of repetitions.
3. End position should look the same as the start position. Make sure you breathe and release arms to the side of the body.
4. Perform this exercise clockwise and counterclockwise 10 times for each circular motion size

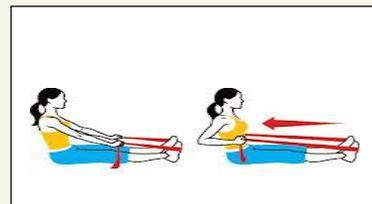


PUSH-UP PLUS:

1. Start by standing in front of a wall in the push up position with your hands shoulder width apart, have your feet positioned far enough away from the wall to cause you to lean in, and keep your hands on the wall at all times.
2. Push your body away from your hands, protracting the shoulder blades and rounding the back.
3. Bend your elbows to return to the start position
4. Perform this exercise 8-10 times pain free, for 3 sets

ROWS:

1. Start by putting the Thera-Band around any sturdy anchor, give it a few tugs to make sure the Thera-Band is in a secure position. Make sure you sit up straight, contract your abdominals for stability, and make sure the band is at equal height with your shoulders.
2. Exhale and pull the Thera-Band towards your chest while bending at the elbow. Keep your back straight and upright while bringing your elbows behind you and squeezing your shoulder blades together.
3. Inhale and return to the starting position in a controlled manner.
4. Perform this exercise 8-10 times pain free, for 3 set



San Antonio Center for Physical Therapy is a privately-owned clinic offering personalized rehabilitative care to individuals with neuromuscular and musculoskeletal dysfunctions. The Doctors of Physical Therapy are certified Manual Therapists and specialists in orthopedic and sports injuries. We are committed to excellence by providing quality, cost-effective, outcome-based physical therapy. It is of utmost importance that our patients are treated with respect and friendliness in a professional, caring environment. Dr. Jarrett and Dr. Nietz received their Manual Therapy Certification (MTC) during their Doctoral studies at the University of St. Augustine for Health Sciences in Florida. They utilize a unique manual approach to specialize in the treatment of spinal dysfunction, headaches, neck pain, and sports injuries. They are the company Physical Therapists for San Antonio's premier professional ballet company, Ballet San Antonio. Dr. Jarrett and Dr. Nietz have specialized training and certifications through the American Sports & Fitness Association and the Harkness Center for Dance Injuries. Dr. Nietz has further training and certification through BACKtoGOLF and the Titleist Performance Institute.



San Antonio Center for Physical Therapy
Located in Suite 210 of the Sonterra Oaks Medical Plaza

From I-10:

Take 1604 East to 281. Stay on access road and take the turnaround to access road for 1604 West. Turn right on Hardy Oaks Blvd, just past Brick House Tavern & Tap.

From 281, Heading North or South:

Take Sonterra Blvd Exit. Take right onto Sonterra Blvd.
 Turn left on Hardy Oak Blvd.

From I-35:

Take 1604 West to Stone Oak Pkwy Exit. Merge to right lane of access road. Turn right onto Hardy Oak Blvd, just past Brick House Tavern & Tap.