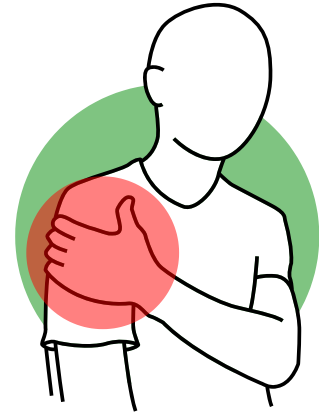


Managing Shoulder Pain

Common Conditions:

- Bursitis
- Rotator cuff tendonitis or tendon tear
- Rotator cuff muscle tears
- Impingement
- AC joint instability or injury



Physiotherapy Advice:

- Ice for 20 minutes every 4 hours
- Simple anti-inflammatories to control pain
- Engage with rehabilitation exercises early
- Receive personalised posture advice from a physiotherapist

Exercises:



Shoulder Rows
Perform 10 times, twice daily



Isometric Shoulder Rotation
Hold 10 seconds, 10 times daily



Chest Stretch
Hold 30 seconds, 5 times daily



Shoulder Blade Motion using Foam Roller
Perform 20 times daily

Contact ALHACARE for a personalised assessment and treatment.



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