

Shoulder Pain

Physiotherapy management

Shoulder pain may be due to muscle overuse or overloading of the joint. With proper pain management strategies such as pacing your activities and performing suitable exercises as advised by your physiotherapist, your condition may improve over time.

Tips for managing shoulder pain

1. Moderate Activity:

Pace yourself while performing daily activities such as household chores. Gradually increase the duration or intensity of such activities, each day, according to your pain limits. Moderation is key and you should avoid over-exerting yourself.

2. Pain management:

- Apply either a hot or cold pack for 10-15 minutes over the area of pain. Do not place the hot or cold pack directly onto your skin. Ensure that you wrap the hot or cold pack with towels to prevent skin burns. Do not apply a cold pack immediately after a hot pack, and vice versa.
- You may take the painkillers prescribed by your doctor when necessary.

3. Movement and exercise:

It is recommended to continue maintaining fitness with simple aerobic exercise. For example, walking or aqua-aerobics.

4. Follow up:

It is recommended that you follow up with your healthcare provider for a review and evaluation on your progress and exercise regime.

5. Take note:

If you experience any of the following symptoms, please see your general practitioner or the Emergency Department in the hospital:

- Increase swelling, pain and/or stiffness
- Unremitting pain even after medication, ice pack or hot pack
- Activities such as housework, dressing and/or showering are greatly affected

Exercises

Perform the following exercises that may relieve the pain and tightness at the shoulder.



Exercise 1: Supported Pendulum

- Support your affected arm at the elbow with your hand on the unaffected arm.
- Gently move your affected arm in a small circular motion with your hand on the unaffected arm.
- Complete 10 repetitions, 3 times a day.



Exercise 2: Supported Shoulder Flexion

- Support your affected arm at the elbow
- Gently lift your affected arm up in front of you until shoulder height.
- Complete 10 repetitions, 3 times a day.



Exercise 3: Supported Shoulder Abduction

- Support your affected arm at the elbow.
- Gently move your arm to the side and return it back to the original position.
- Complete 10 repetitions, 3 times a day.



Exercise 4: Scapular Retraction

- Pull your shoulder blades back and move them downwards.
- Hold in the downward position for 5-10 seconds and then relax.
- Complete 5 repetitions, 3 times a day.

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