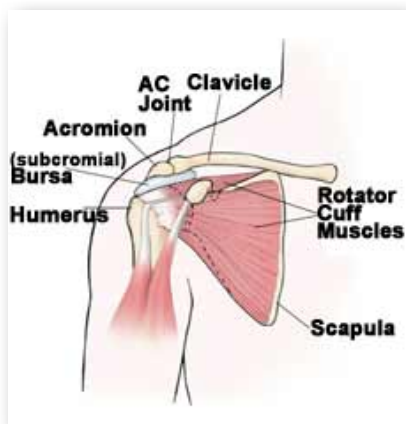




B O D Y A W A R E N E S S

PRESERVING YOUR SHOULDERS

Shoulder problems are very common in both young and older individuals. The shoulder is a multi-directional, and intricate joint. If any of its components are injured or altered in any way, pain and limitation can result.



Conditions we see in physiotherapy that result in shoulder pain are: rotator cuff tendonitis, rotator cuff tears, bursitis (inflammation of the water filled sacks in the shoulder), frozen shoulder, stiff shoulders, and shoulder impingement which can result from problems with the shoulder muscles, bursas and joints.

Additionally the nerves originating in the neck can refer pain to the shoulder.

Because of the many factors and conditions that can cause shoulder pain, it is necessary to undergo a detailed assessment to determine which of the structures are at fault. Following a comprehensive evaluation, a targeted treatment plan will be developed to address the problems that were found and to provide appropriate therapy.

Shoulder pain is treated very effectively with physiotherapy. If your shoulder is causing discomfort, make an appointment so that you can improve your shoulder, allowing you to stay healthy and active.

Military Press Exercise



The Military Press exercise is an excellent way to **prevent** shoulder pain from occurring. The upward motion of the arms, assists in full shoulder and scapula (shoulder blade) mobility, and strengthens the muscles involved in the shoulder joint that stabilize it. Do not do this exercise if you have any pain with it.



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