

SHOULDER PROBLEMS

You suffer from shoulder pain? You have a tendonitis, a bursitis or a capsulitis? Have medication or local treatment to the shoulder been ineffective? It is possible that the sore tissues at the shoulder can be a victim of another problem elsewhere, and not the direct cause of the shoulder symptoms...

Pain in the shoulder can be caused by many factors. Posture is a determining factor and someone who holds their upper back round, is more likely to suffer from shoulder pain. This posture pulls the shoulder blades and shoulders forward which leads to round shoulders. This poor posture, if sustained, possibly at the computer, in front of the television, during household chores, when studying or reading, will lead to shortening of tissues around the shoulder. When shoulders stiffen, the shoulder blades and the spine may try to compensate to make up for the lack of mobility. Another possibility is that the neck, upper back and shoulder blades can also become stiffer along with the shoulders. This can lead to muscle imbalance as certain muscles become tight and strong and others will become weak and stretched out. Certain tendons will become irritated which will lead to tendinitis.

The round upper back can also cause poor neck posture (forward head posture) which will also affect the shoulder because many muscles run from the shoulder to the neck or the thorax. An increase in tension on the nerves travelling to the shoulder will also contribute to pain at the shoulder.

The shoulder can also become painful when it is too mobile and it cracks during arm movements. In those cases, there is often a loss of stability of the rotator cuff muscles and possibly a stiff upper thoracic spine which does not contribute to shoulder movements as much as it should.

Due to the complexity of the interaction between the tissues at the shoulder, shoulder blade and spine, it is very important to consult physiotherapists that can evaluate in detail each region to determine the exact cause of the problem. According to your needs, the physiotherapist will choose techniques to increase your joint mobility and strength and will give you postural advice as well as teach you a specific exercise program.