



East Gosford  
Physiotherapy  
& Exercise  
Physiology



# OUR PHILOSOPHY FOR PROVIDING A **SOLUTION** TO **SHOULDER PAIN**

02 43237499  
24 Brougham st East Gosford

mail@eastgosfordphysio.com.au  
[www.eastgosfordphysio.com.au](http://www.eastgosfordphysio.com.au)



## The Problem

Shoulder pain can develop with injury or in people over 40, for no apparent reason! This pain is often worse at night and many patients comment they are unable to sleep on their shoulder and toss and turn all night.

We know that the **shoulder girdle** and **Rotator cuff** muscle group is a complex group of muscles and bones, that needs to work in the correct pattern and position OR you will impinge or squash the tendon or bursa.

The shoulder and arm needs a stable base to work off, or when you use your arm the “instability” of the shoulder blade and upper arm (humerus) will cause the tendon to be squashed. Pain, swelling and inflammation will develop if this keeps occurring and your shoulder will be sore.

If your shoulder rolls forward, or you stoop over your laptop or phone, the muscles at the front of your shoulder become tight and the ones at the back become weak. This creates an imbalance, reinforcing your poor shoulder blade posture and causing further impingement.

Poor posture or poor shoulder girdle position becomes your habit, and when asked to correct your “bad posture”, it is common to overcorrect, which is not maintainable. If you keep compressing or impinging the soft tissue( tendon, muscle and bursa), your pain will persist and get WORSE.

Treatment directed at your shoulder pain will make you feel better. However if you have the pain treated ( massage, physio, cortisone injection), but not correct your posture, core and shoulder blade position, you are only receiving a “band aid” treatment, as you will keep impinging and your pain will reoccur. This is short term relief , NOT a long term solution.







## Does this sound familiar??

**East Gosford Physiotherapy & Exercise Physiology** take a different approach and will help you to achieve a **SOLUTION**, not just a quick fix.

### THE FIRST PART OF THE SOLUTION.

We will provide you with the acute treatment needed to “remove your pain”

Pain makes you miserable and stops you enjoying life so we need to do this first. We do this after careful assessment of you and your situation.

**We will tell you -**

- i) What is wrong
- ii) How we can help you

We will then provide treatment and remove your pain. The time this takes will vary according to how long you have had your pain, but our highly trained physiotherapists will do their best to identify how long this may be.



If you have successfully been through this before, you will know how great it feels when your pain goes away. BUT you may also know that feeling of disappointment, when the pain comes back (often quickly with a simple movement or posture!)

So, if you have not changed any of the factors in your life that may be causing your pain in the first place, it is not surprising that your pain reoccurs.

We also know your shoulder muscles become weak with imbalance and pain, and don't spontaneously correct when pain settles.

Your Shoulder girdle is weak, vulnerable and you are often moving incorrectly!  
Your pain will reoccur.



# So how do we stop this cycle?

## The Long Term Solution

We then need to look at your underlying movement and postural issues so we can identify the problems and eliminate them.

We do this with a **Posture and Movement Analysis**. Your physiotherapist will use cutting edge technology and screening tools to look at “how” you are moving.



This will help your physiotherapist advise you on what you need to do to **Rebuild & Restore** your core and shoulder blade posture and movements. If we remove your pain but not change the factors which put you into pain, like poor core stability, poor postural habits or poor movement patterns and weakness, we would be doing you a dis-service. This process of removing the pain and rebuilding and restoring your core and movement will make you feel great.

## Prevention/Strength & Improved Performance – Staying Motivated

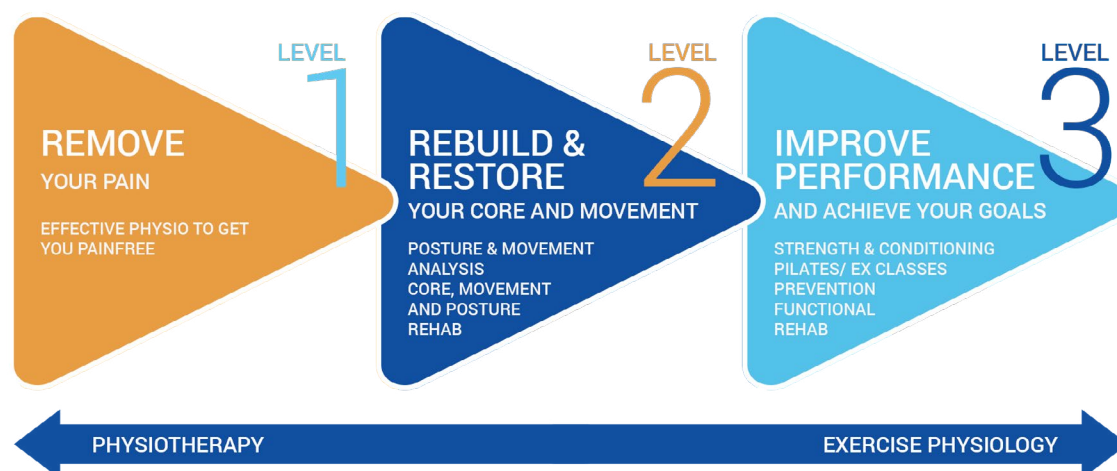
Feeling great can often lead to a loss of motivation to continue with the preventative aspect of the programme as we further improve your performance and help you achieve your goals.

Your physiotherapist will use the **Posture & Movement Analysis** to help develop a pathway for you to achieve the goals you mutually agree upon. This pathway document is something unique to you and your condition and it shows where you have come from (pain) and shows where you are heading (improved performance, without pain) by achieving your goals.

This pathway document can be very helpful to keep you motivated whilst you continue to work on strength and conditioning.

This is level 3 of your pathway, and is often managed by our highly trained **Exercise Physiologists**.

Your **Physiotherapist** will provide you with options of how you would like to move into Level 3 of our **Shoulder Pain to Performance** programme. This may involve individual or group exercise to encourage you to continue with a self-management plan or a home programme.



**Ask your Physio if you are ready for our Posture and Movement Analysis**, so we can design a program to individually **Rebuild and Restore** your Shoulder movement and arm function.

## In Summary

We hope you can see that our **Pain to Performance** philosophy does more than just get you pain free. It keeps you pain free.

By developing exercise habits and an “exercise for life” mentality, you can be confident that you have beaten your pain and can get back into the life goals you have set for yourself and improve your performance in these life goals.

Good luck and.....What are you waiting for?

Grab hold of that goal you have set for yourself and enjoy life once again.

