

Painful Shoulder

Rotator Cuff Related Pain

Physiotherapy-led F2F information
session

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Aims of this session

- Introduction
- What is the Rotator Cuff?
- What causes shoulder pain
- Managing pain
- Exercise guide
- Goal setting
- Questions

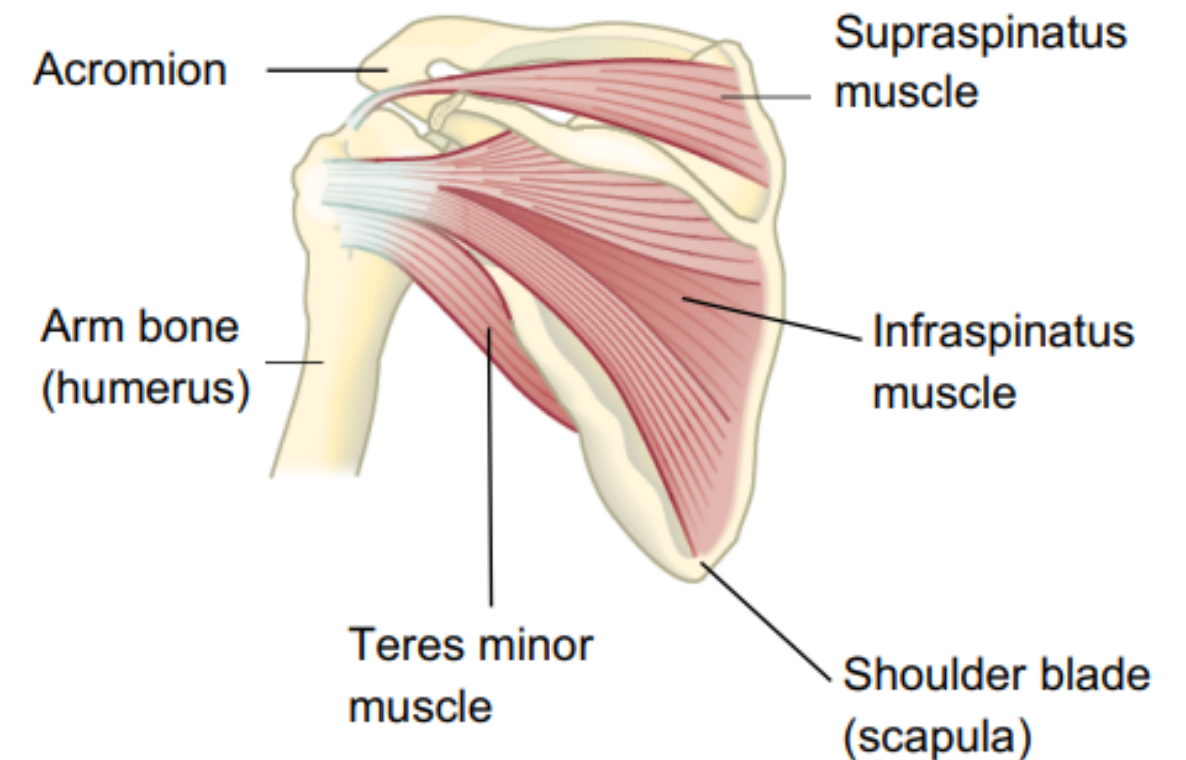
Introduction

What you will get out of today

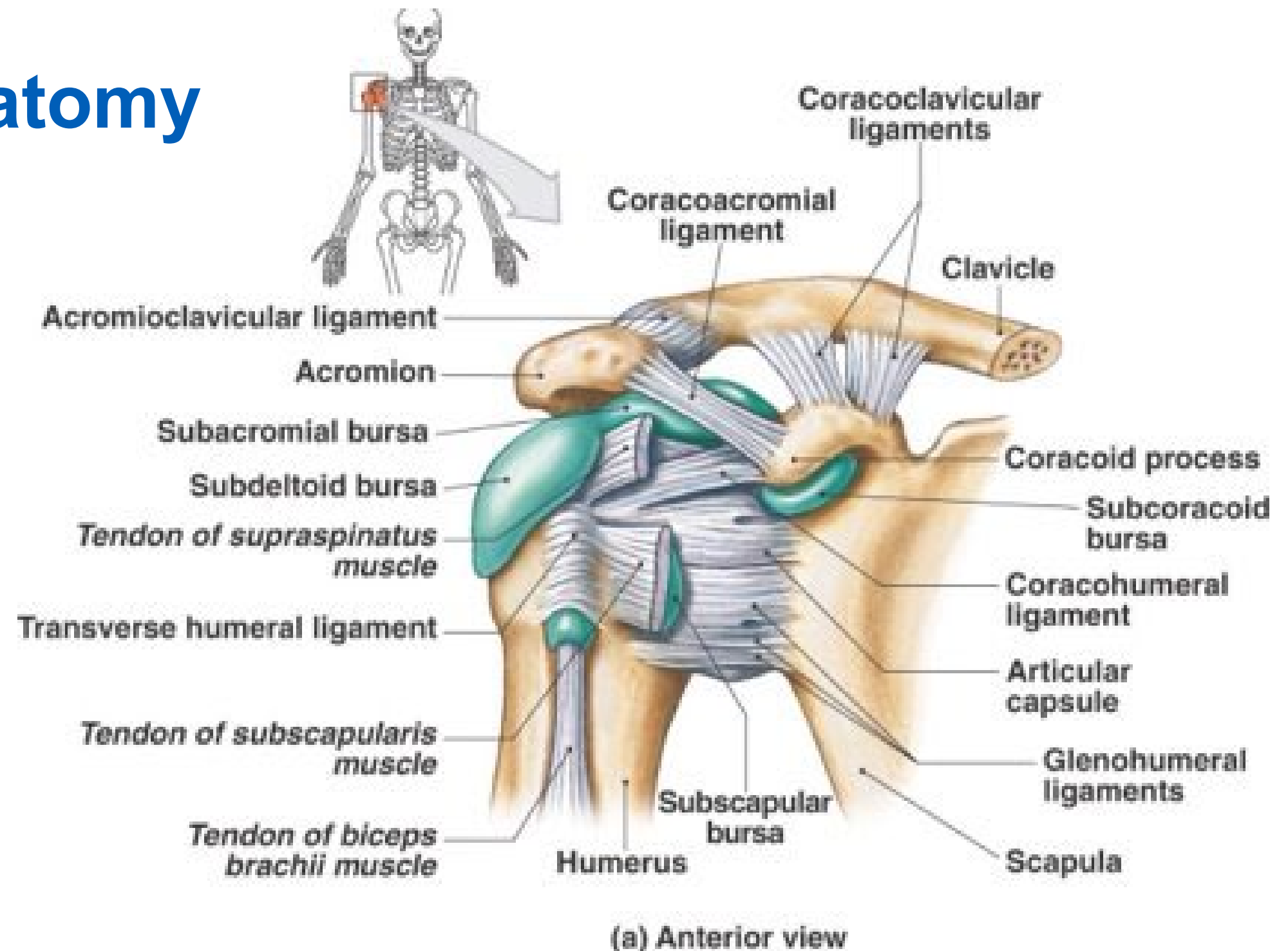
- Advice and information you would get from a normal physiotherapy session
- Education around shoulder pain
- How to rehabilitate your shoulder effectively using exercise and other management techniques
- A chance to ask any questions

What is the rotator cuff?

- Group of 4 muscles located around the shoulder joint
- Work as a 'Team' to create movements such as taking arm away from your side and/or overhead movements.
- They work harder when you are lifting or carrying a weight.



Shoulder anatomy



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Sound familiar?

"Shoulder impingement "

"Shoulder bursitis"

"Rotator cuff tendinopathy"

"Rotator cuff related shoulder pain"

"Sub-acromial pain syndrome"

"Rotator cuff tear"

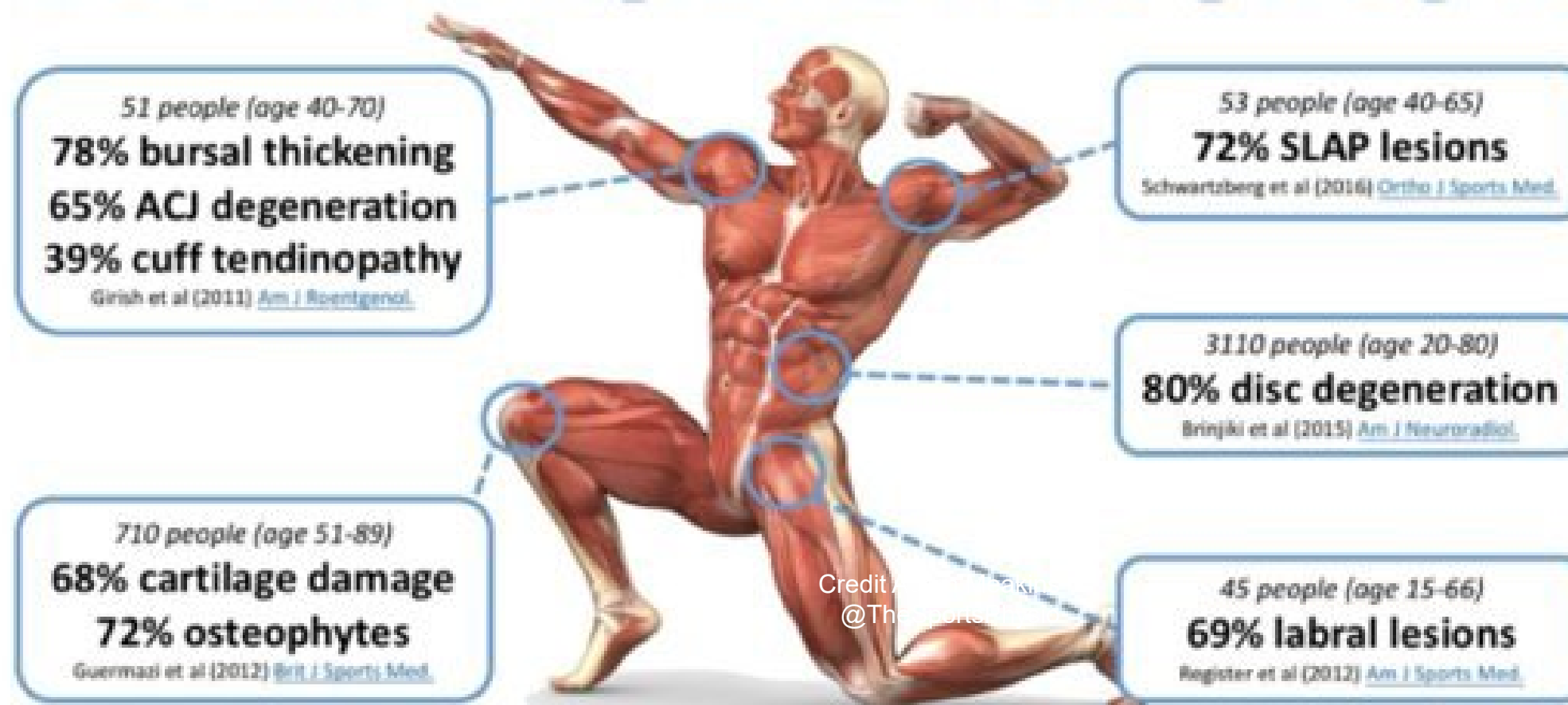
Rotator cuff related shoulder pain

- Pain arising from the group of four muscles around the shoulder known collectively as the 'rotator cuff'.
- It's an umbrella term!
- In approximately 70% of all shoulder pain the rotator cuff is involved.
- Hurt doesn't = Harm!



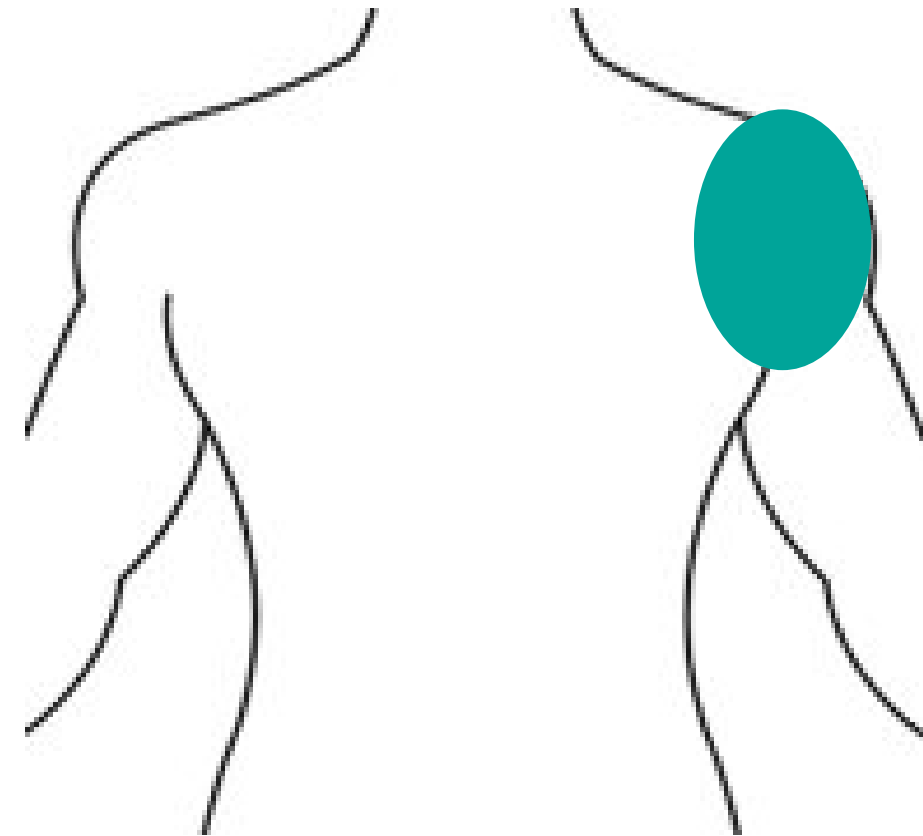
Do I need a scan?

Scans on pain free people



Symptoms

- Suddenly or progressively
- Pain in the upper arm
- Can be a 'catching' pain.
- Pain with certain movements of the arm.
- Pain sleeping or lying on it.



How long will it take to improve?

50% of people, will resolve in 6 months through natural history alone, meaning the body will heal itself.



- **50%** go on to have rehab & do well.

Rehabilitation can take approximately 3-6 months to settle the pain.

Why is my shoulder so painful?

- **Pain is multifactorial**

Poor sleep

High levels of stress

High BMI/Poor diet

High alcohol intake

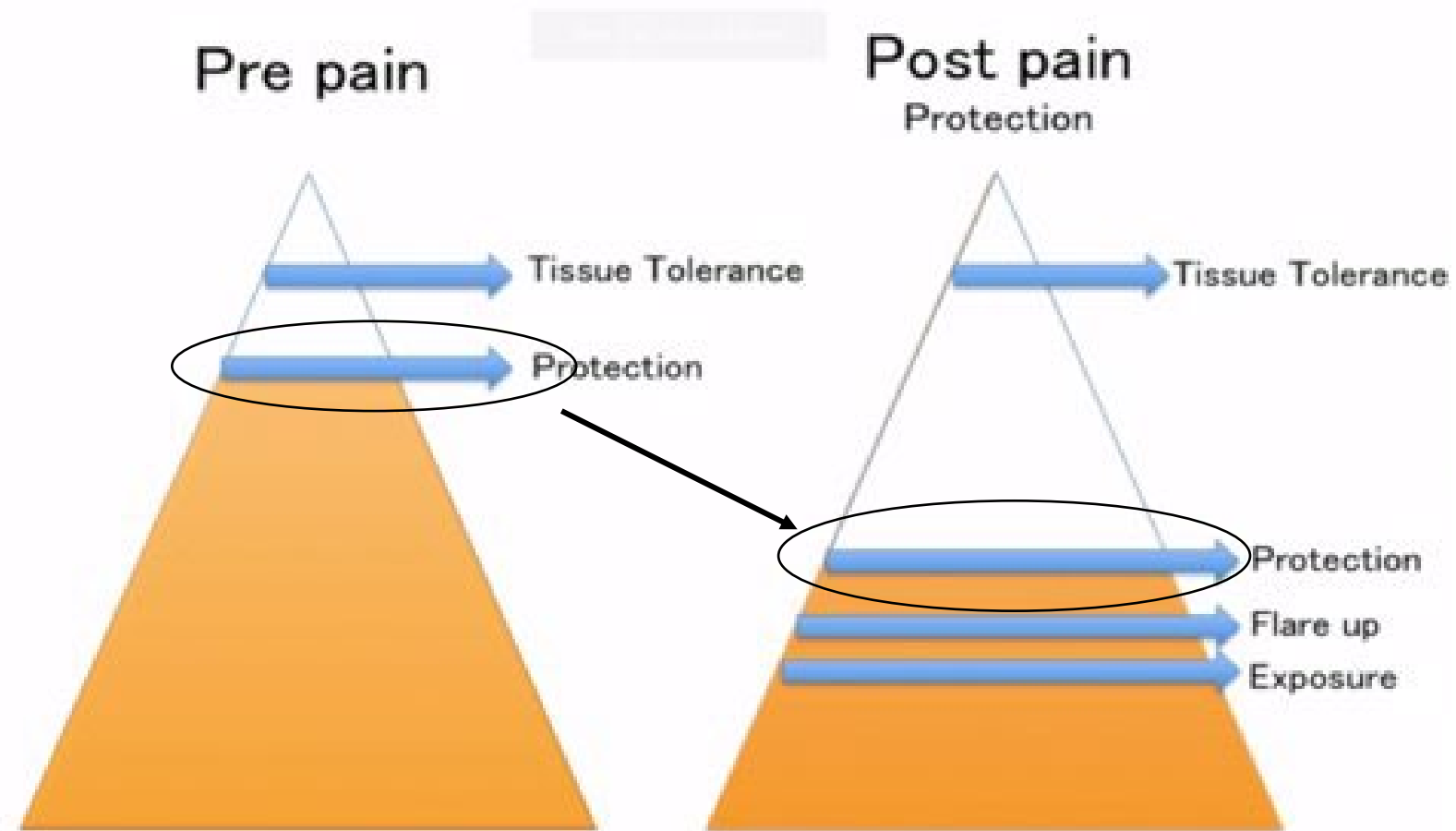
Smoking

Low physical activity levels



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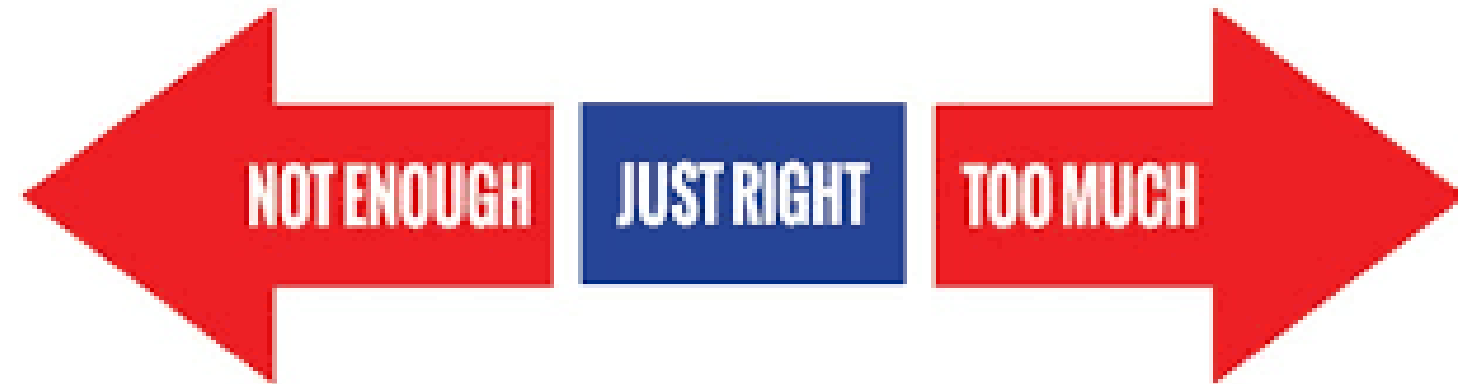
Hurt doesn't = Harm!



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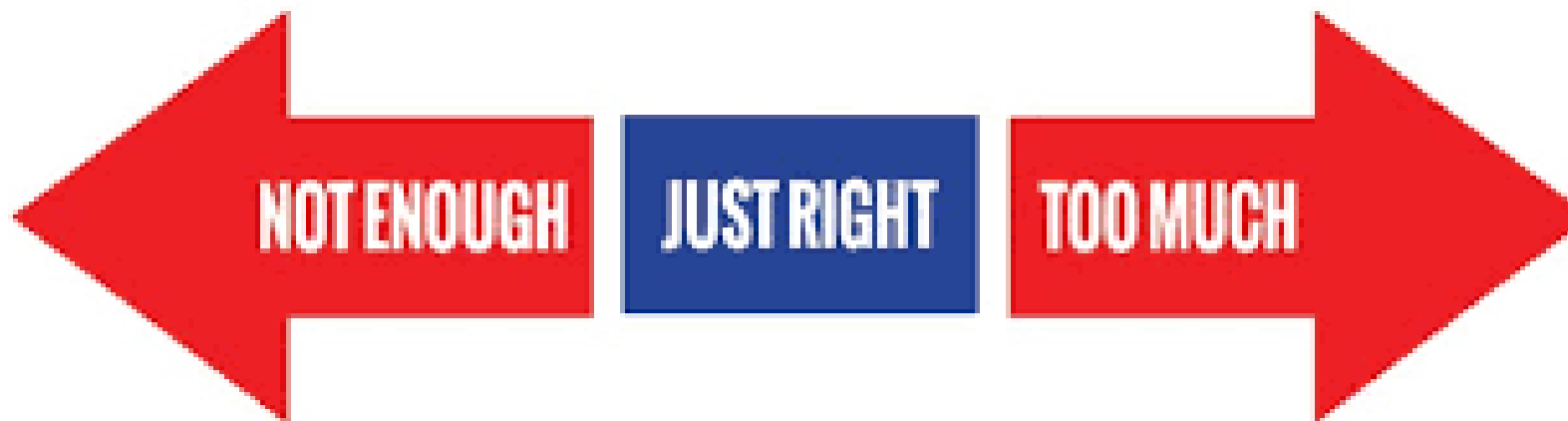
Credit: Ben Cormac
@CorKinetic

The 'Goldilocks theory'



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Avoider

- Apprehensive of pain
- Avoid activities that cause pain
- Do less
- Move less

Pusher

- Not apprehensive of pain
- Pushes through activities that cause pain
- Gets everything done, then pays the price of increased pain later on

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Quick break



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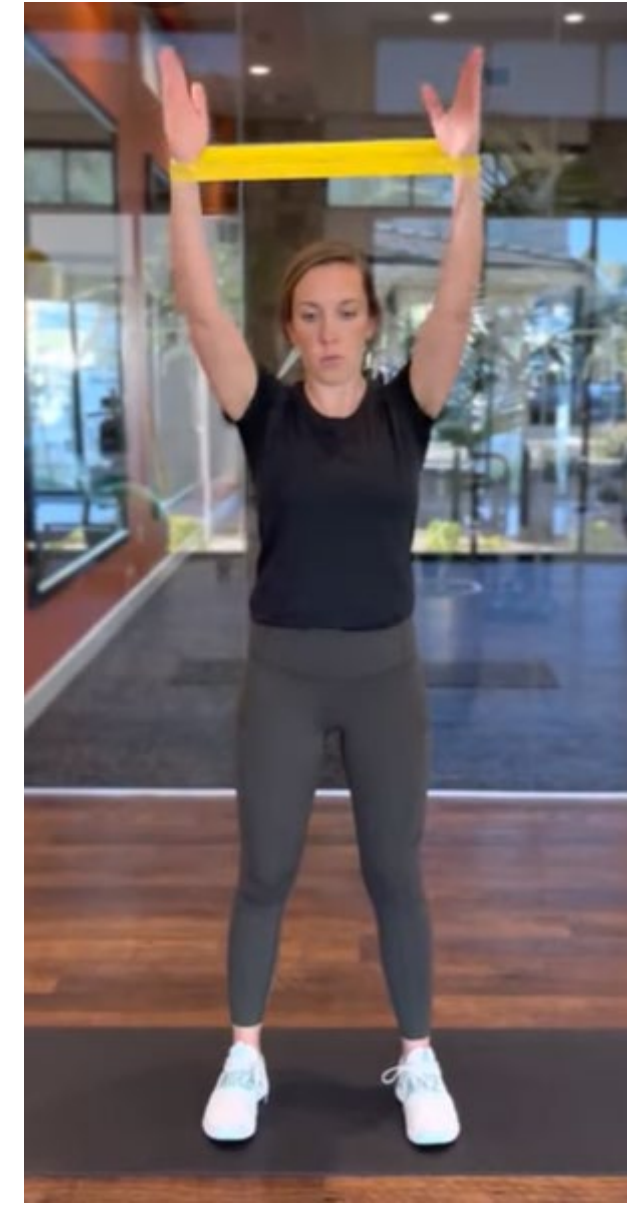


Exercises



Exercise 1.

Symptom modification test



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<https://www.youtube.com/shorts/i0RaR3tqDd0>

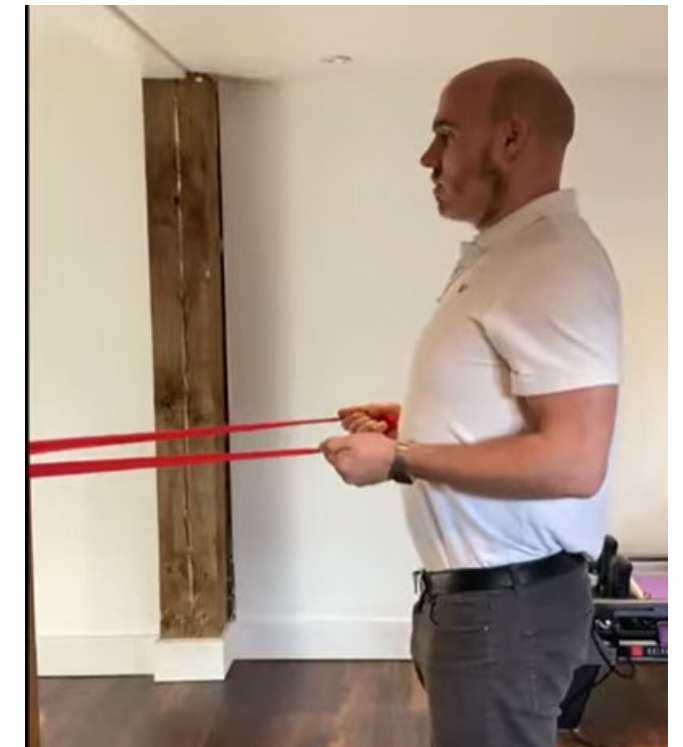
Exercise 2a & 2b



Dumbbell row (J-shaped)

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<https://www.youtube.com/watch?v=8o7CT2XmtKQ>



Banded row

<https://www.youtube.com/watch?v=INIHv40iiWQ>

Exercises 3a & 3b



Seated external rotation

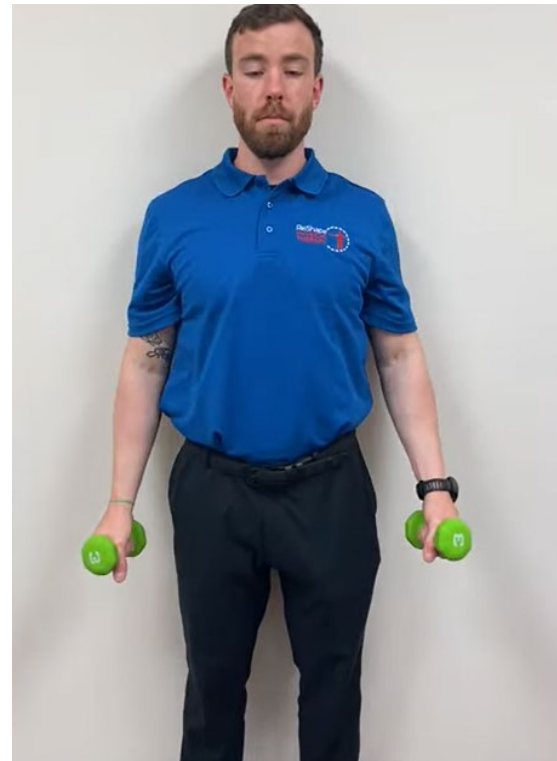
The RUH, where you matter https://www.youtube.com/watch?v=C_ozNI8bSk

Side lying external rotation



<https://www.youtube.com/shorts/6G9y-6MwGsE>

Exercise 4a & 4b



Dumbbell front raises

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<https://www.youtube.com/shorts/a1vEjmiaxSE>



Banded front raises

https://www.youtube.com/shorts/-p_PEBk-ON0

Exercise 5a & 5b



Squat to overhead press

<https://www.youtube.com/watch?v=Xld4VAPh67k>

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Stand with weights in both hands, arms by your side. Bring the weights to your shoulders as you bring your foot to the step. Raise your arms to the ceiling as you step up. Slowly lower arms back to your side as you step off the step.

<https://www.youtube.com/watch?v=pWSfAHkJYm8>

Exercise 6a, 6b, 6c

Push up + Progressions

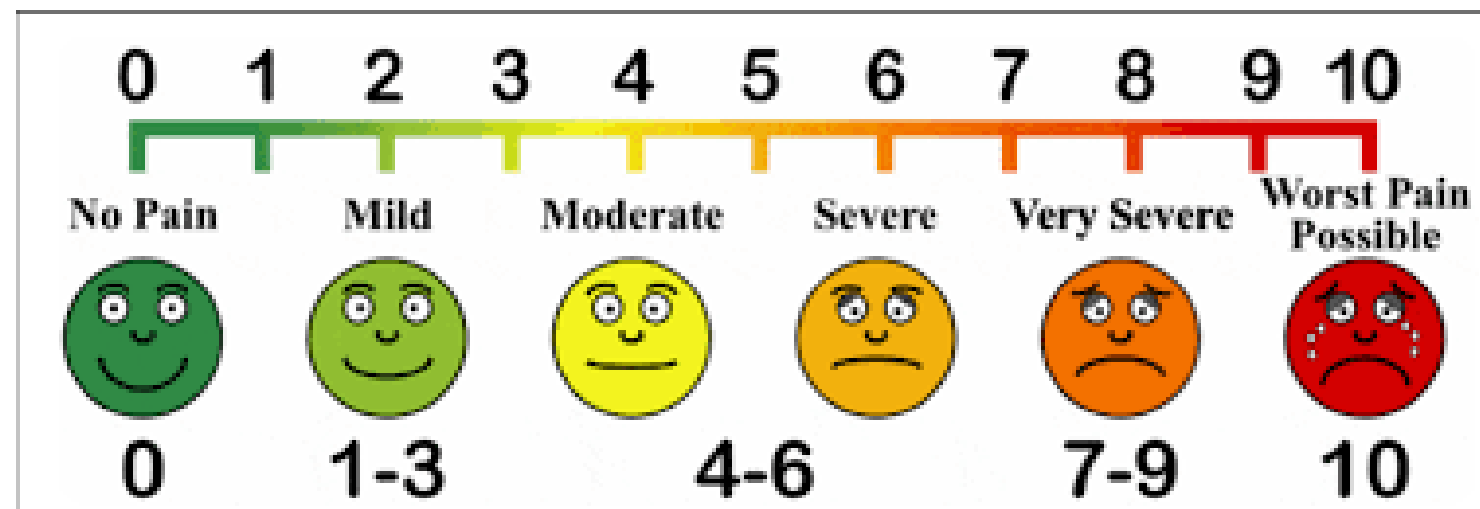


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Exercise prescription

- None of these exercises should cause you over 4/10 pain!



How to know you're doing enough

Reps in reserve (RIR)

When doing the exercise, you stop when you think you could only complete 2 more reps
It means your stopping before failure but working hard enough in the sweet spot

E.g. You complete exercise for 10 reps and could have done 15 – that is too easy
Whereas if you did 13 reps and still could have only got 15 then that is right amount

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Exercise prescription

Everyone is different

3-4 times per week – Keep a day for rest

For each exercise 2-3 sets

Think about your reps and reserve theory

Consider 3-5reps, 10-12 reps or adding a weight to load the exercise

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Management adjuncts

- Sensitisation
- Distraction
- Pain relief
- Hot or Cold therapy
- Pacing daily activities
- Sleeping positions
- Relaxation/mindfulness/mental well-being

Exercise Planner

Using an exercise planner helps to keep you accountable as well as monitor your progress.

Week 2

Start date:

| Day | Exercise: | | Exercise: | |
|-----|-------------|------|-------------|------|
| | Repetitions | Sets | Repetitions | Sets |
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
| 7 | | | | |

My long term goal is: *(for example to return to gardening or work)*

.....

It is important to think about when and how you will do your exercises.

When it is (time or other cue)

.....

I will do my exercises. If I cannot do them at this time I will do them:

.....

I will remind myself to do my exercises by:

.....

If my pain increases with the exercises then I will:

.....

.....

Exercise diary: It is important to measure and record your progress, so that you can see when you are succeeding, as well as to work out what you can change if your plan is not working.

When will I record it?

.....

.....

Where will I complete my diary?

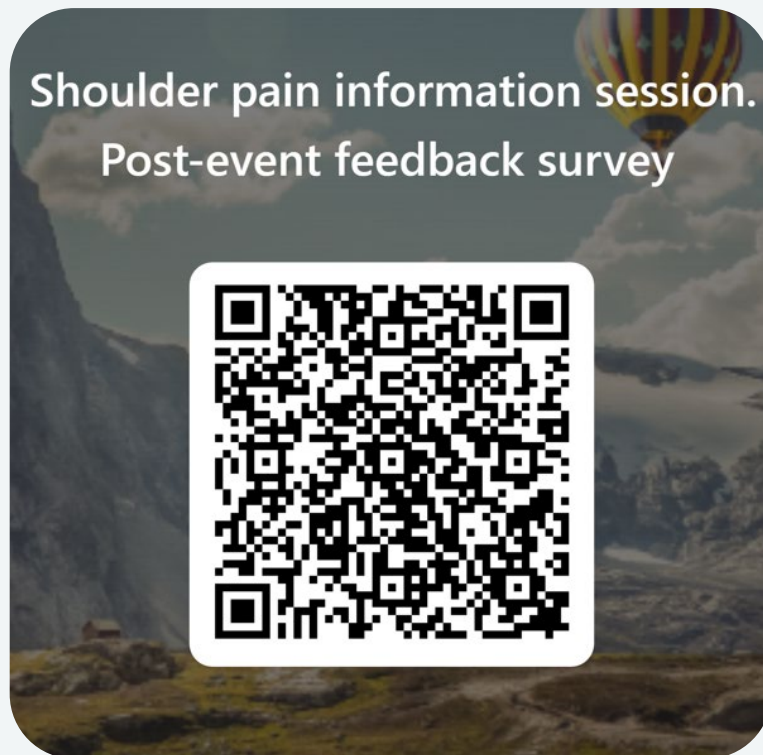
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Questions are welcome!

Thank you for listening and engaging



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