




Assessment, treatment and self-management of chronic musculoskeletal shoulder conditions

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Daily life Considerations

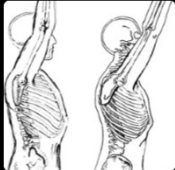
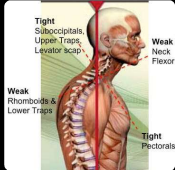




WORKING FROM HOME WITH KIDS!

- **Posture**
 - + prolonged sitting (slouched)
 - Weak posterior chain muscles
 - Thoracic kyphosis/rib depression
 - Competitive sport
- **Somatic dysfunction**
 - Gleno-humeral joints
 - CT junction
 - Clavipectoral fascia
 - SC joints
 - Upper TS
 - ribs

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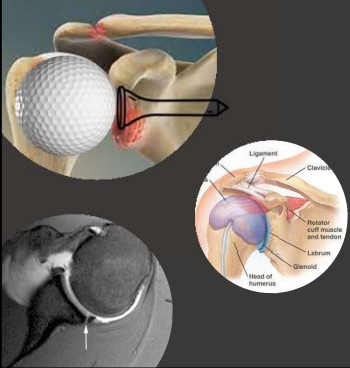
Forward shoulder posture

- Shortening of anterior shoulder muscles
 - Predispose to subacromial impingement
- Lengthening of posterior shoulder muscles
 - Weak rhomboids
- Alteration in scapular and GH orientation/kinematics
 - ↓ ROM / function
- Restricted sliding of brachial plexus
 - Thoracic outlet syndrome
- Long-term pain, crepitus, weakness

Singla D, Veerar Z. Association Between Forward Head, Rounded Shoulders, and Increased Thoracic Kyphosis: A Review of the Literature. J Chiropr Med. 2017 Sep;16(3):220-229


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Common chronic shoulder conditions

- Shoulder impingement
 - rotator cuff tendinosis
 - Sub-acromial bursitis
- GH joint Labral tears / instability
- AC joint arthritis
- Glenohumeral arthritis / instability
- Adhesive capsulitis

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Assessment


Inspection / palpate

- Joint asymmetry
- Muscle wasting

Active ROM in all planes

- Check scapular motion / asymmetries
- Rotator cuff power

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Shoulder function

Special Tests (supine)

- Lift-off test
- Apprehension
- Hawkins
- Neer's
- SLAP cluster
- Cross-arm test
- Sulcus test
- Painful arc

MacDonald PB, Clark P, Sutherland K. An analysis of the diagnostic accuracy of the Hawkins and Neer subacromial impingement signs. J Shoulder Elbow Surg. 2000 Jul;9(4):299-303.

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Shoulder Function

ROM

1. Standing
 - Supine
2. Fixation of spine and hip
 - Sitting
3. Test end of range motion
 - prone

Corporate Work Health Australia: Upper Body Push Patterns. 2022

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Shoulder function

Assessing closed pack stability

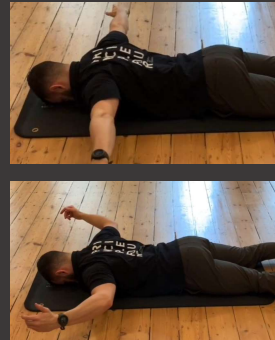
- Supine
- Horizontal hang
- Unilateral against wall
- Press-up position (unilateral)
 - + Check trunk stability

Check for

- Pain / discomfort
- Movement asymmetry

Corporate Work Health Australia: Upper Body Push Patterns. 2022

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Prone scapular retraction exercises

To improve integrity / strength of shoulder and scapular stabilisers

Long Lever

- T and Y positions
 - Retract scapular 1st

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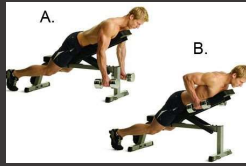
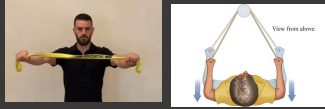
Scapular retraction exercises (pull patterns)

Purpose

- to condition shoulder complex muscles
- Trains rhomboids, traps, biceps, forearms.

Position

- Prone
- Inclined bench
 - Progress by changing bench angle / hand weights
- Standing/sitting Band – pull apart



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Scapular retraction exercises (push patterns)

Purpose

- to condition shoulder complex muscles
- Trains chest shoulders, triceps

Position

- Prone
- Inclined bench
 - Progress by changing bench angle / hand weights
- Standing/sitting Band – pull apart



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Supportive exercises

Thoracic spine

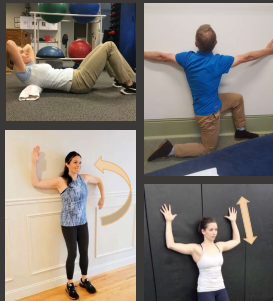
- Towel rolls/arching
- Wall twists (bilateral)
- Side lying twists

Anterior shoulder/chest

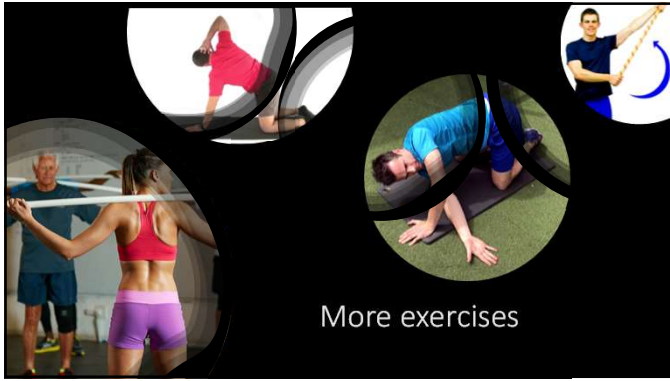
- Wall stretches (front, back, corner)

Shoulder stability/flexibility

- Wall angels (front, back, supine)



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