

JERSEY CENTRAL

PHYSICAL THERAPY FITNESS

Physical Therapy and the Stiff Shoulder

The shoulder is one of the most flexible joints in the human body. Its flexibility allows us to do things like paint a ceiling or pitch a baseball. This flexibility comes at the price of stability. Since the shoulder is held together by ligaments and muscles, and has a lot of mobility, it is one of the most unstable joints in the body.

What's your risk?

If you have a job or play a sport that requires a lot of shoulder mobility and flexibility, you may be at risk for shoulder injuries. **Overuse, trauma and repetitive activities (stress)**

are the most common reasons the shoulder is prone to injury. The following people are highly susceptible:

- Overhead athletes, like gymnasts, tennis players, swimmers, baseball pitchers
- Painters
- Construction workers
- Movers
- As people age, the risk for shoulder injuries increases.
- People with years of poor posture or improper movement patterns
- People who underuse their arm due to pain or weakness can lead to frozen shoulder



Common symptoms include:

- Pain raising the arm
- Pain that persists beyond a few days
- Swelling or bruising around the arm
- Pain when leaning on, or sleeping on the affected shoulder
- Weakness in the arm that stops you from lifting a grocery bag, reaching up, or pushing open a door
- Having difficulty or being unable to carry your child
- Inability to use the arm



Stress on your shoulder is one of the most common causes of shoulder injury, but one of the most overlooked reasons for shoulder injury is **inactivity**. When you don't use the muscles regularly, they become weaker and the joint becomes stiff. If you don't exercise the full range of your shoulder through moderate-intensity exercise, the risk of hurting your shoulder increases. Ligaments tighten, muscles weaken, and blood flow becomes inhibited. Over time, this can accelerate joint degeneration and trigger shoulder pain. **"If you don't use it, you lose it."**

We have the solution.

- Schedule an examination with us so that we can design a program to reduce or eliminate your pain and restore your motion and strength.
- We will address proper body mechanics so that you can keep your shoulder joints well-aligned and pain free.

Don't ignore the pain. The quicker your problem is addressed, the sooner you can begin healing and returning to your favorite activities. We are here to serve and help you achieve a speedy recovery as quickly as possible. We'll give you a shoulder to lean on, so you have a healthy, pain-free shoulder.

For further information please contact:

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