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## MY SHOULDER HURTS EVERY TIME I SPIKE THE BALL!

Anterior shoulder pain is very common especially in female volley ball hitters that tend to have a slumped, forward head and shoulder posture. McMeen Physical Therapy can help! >>

Because of the change in position of the head of the humerus in relation to the scapulae an impingement syndrome will quickly develop during overhead activities such as hitting or overhead reaching activities. In the acute phase anterior shoulder impingement can be very painful and limiting.



If left untreated impingement syndrome can lead to chronic shoulder instability, labral damage and even rotator cuff injury. Chronic impingement is much more difficult to treat due to soft tissue changes, scarring, and adaptive weakening and shortening of the musculature involved.

Treatment of acute impingement syndrome begins with limiting overhead reaching and lifting activities. Modalities such as ice, ultra sound, electrical stimulation and iontophoresis are very effective.

Mulligan joint and soft mobilization are also indicated. Stabilization taping techniques are highly effective in the acute stages to allow soft tissue healing. With a chronic shoulder, tape will help retrain postural musculature to “hold” the shoulder in proper position during strengthening and stabilization exercises.

A scapulothoracic and rotator cuff strengthening and stabilization program is essential as soon as pain is well controlled. Physical therapy usually starts off 2-3 times a week and progresses to 1-2 times a week for monitoring of a home exercise program over a 4-6 week period. An athlete usually returns to their sport within 2-6 weeks depending upon how severe their symptoms were.



*“Your Movement Rehabilitation Specialists”*

## CONTACT US FOR MORE INFORMATION

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