

Shoulder Trauma

EXPERT ADVICE

Rotator Cuff Injury

“Rotator cuff strain is one of the most common shoulder injuries I see. It is commonly brought on by overuse and poor mechanics of the shoulder over time. If you are experiencing shoulder pain, one of the first things you can do is see a physical therapist. You don’t need a referral in the state of Tennessee. You want to make sure to find a physical therapist who will perform a hands-on evaluation and develop a personalized treatment program with exercises to help strengthen the tissues that are weak and loosen the tissues that are stiff. Don’t live with pain because it could get much worse. Strains can turn into tears over time if they are not addressed.”



Jeremy Shook,
PT, DPT, OCS,
COMT, STC
Regional Coordinator, Director
of Clinical Operations, Results
Physiotherapy



For most athletes, a bit of wear and tear is unavoidable. For those who play sports, shoulder injuries are a common occurrence, and should be taken seriously.

Below are a few of the most common sports-related shoulder injuries.

Rotator Cuff Strain The four muscles that stabilize the shoulder joint are referred to as the rotator cuff. A tear or strain in any of the four muscles causes a rotator cuff strain. The muscles are important to arm rotation and lifting and can be damaged by powerful, quick movements. *Symptoms: pain, stiffness, and general weakness*

Dislocated Shoulder A dislocated shoulder occurs when the humerus bone (the long bone in the upper arm) pops out of the shoulder joint. Damage to various nearby ligaments and tendons can also result. *Symptoms: deformity, swelling, discoloration, inability to move, numbness, pain, weakness, tingling near the injury, muscle spasms in the shoulder*

Glenoid Labrum Tear This type of tear occurs in the fibrous ring of tissue covering the inside of the socket which holds the ball of the humerus bone. *Symptoms: pain (usually with overhead activities); catching, locking, popping, or grinding*

Broken Collar Bone The clavicle bone runs across the front of the shoulder to the breast bone or sternum. Falling onto the shoulder or outstretched arm can result in a broken collar bone. *Symptoms: pain that increases with movement, swelling, tenderness, bruising, bulge on or near shoulder, grinding or cracking sound when you try to move, stiffness or inability to move shoulder*

Frozen Shoulder Extreme shoulder stiffness is referred to as “frozen shoulder.” It can occur when scar tissue from a previous injury affects joint movement, reducing flexibility. For athletes with possible shoulder injuries, getting them checked out properly is an important step in both healing the injury, and avoiding frozen shoulder in the future. *Symptoms: pain, limited range of motion, stiffness* +



results
PHYSIOTHERAPY

Not All Physical Therapy Is The Same

Are you seeing a licensed physical therapist at each visit?


Do you see the same physical therapist at each visit?

Does your physical therapist use “Hands-On” manual therapy to help treat your pain?

If not, then you may not be receiving the level of physical therapy that you deserve. At Results Physiotherapy we believe that people should not have to live with pain. Let us show you what true patient-focused physical therapy can do for you.

Most insurances now allow self-referral to physical therapy without a physician’s order.

Visit us for more information and a complete list of clinics.

 www.resultsphysiotherapy.com



Cleveland
P: 423-336-3795

Ft. Oglethorpe/Ringgold
P: 706-861-8775

Gunbarrel
P: 423-894-4188

Hixson
P: 423-870-1289

North Shore
P: 423-634-1922

Signal Mountain
P: 423-886-6979