

SHOULDER INJURIES

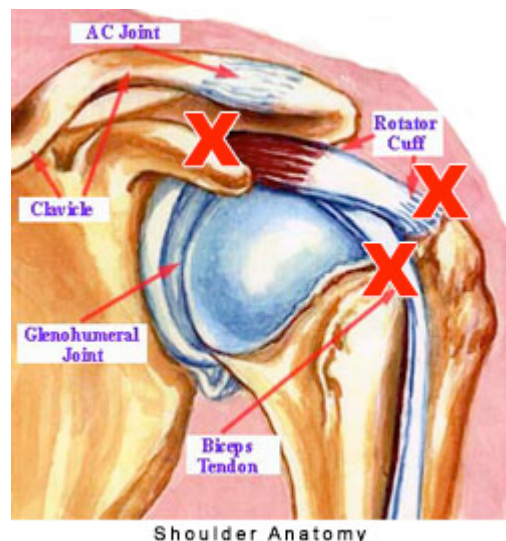
The shoulder joint is an extremely mobile ball and socket joint, which relies heavily on the muscles that surround it for support and stability.

The shoulder can be easily injured in contact sports, such as football and rugby, or with repetitive movements, such as throwing, swimming and serving in tennis. These movements place considerable strain on the shoulder joint and incorrect technique or biomechanics can easily lead to dysfunction and injury very quickly.

Tendonitis of the Shoulder

Tendonitis is inflammation of the tendons of the muscles that form part of the shoulder complex, primarily the rotator cuff muscles. It is an overuse injury occurring often in the presence of poor shoulder biomechanics.

Treatment of Tendonitis should involve treatment from your Osteopath, avoiding the aggravating factors, and applying ice to the affected area after use. Speak to your Osteopath about appropriate exercises and stretches to correct the biomechanics of your shoulder complex, and avoid recurrence.



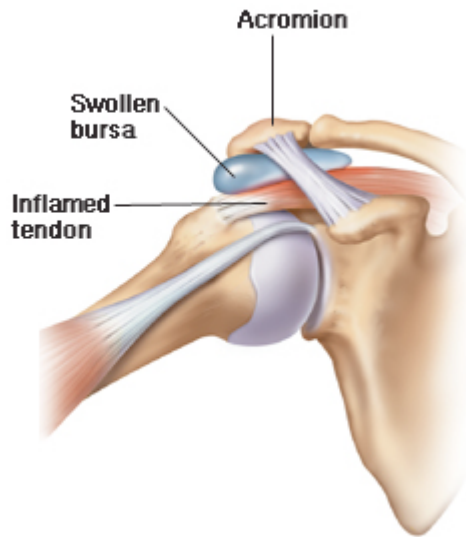
Impingement Syndrome

Impingement commonly occurs secondary to tendonitis. It develops when there is inflammation of the tendons in the shoulder complex, which leads to swelling, creating trapping of the tendons as they pass between the humerus and the collar bone. It commonly occurs in athletes who do repetitive stressful movement of the shoulder, and often has associated biomechanical dysfunction.

Treatment of this condition is the same as that of tendonitis. As impingement syndrome often occurs secondary to tendonitis, treatment of the underlying tendonitis often resolves the situation. Speak to your Osteopath about a stretching & strengthening program, to improve your shoulder biomechanics, and avoid the condition recurring.

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