

Why Physical Therapy?

Physical therapists are rehabilitation specialists extensively trained in evaluation and treatment of the musculoskeletal system. Working as a team with your doctor, your physical therapist:

- Evaluates the balance of muscle strength, flexibility, and the nervous system which contribute to shoulder function.
- Initiates pain-reducing steps including ice, heat, iontophoresis, and ultrasound to help increase your function and comfort.
- Utilizes joint mobilization techniques to help restore normal movement to your shoulder joint.
- Incorporates soft tissue work to help regain full length and elasticity of the muscles and soft tissue in your shoulder.
- Instructs and trains you in a program of stretching, strengthening, posture, and coordination exercises designed to restore normal function to your shoulder.
- Assesses how your work and daily activities may be contributing to your shoulder problem and makes appropriate ergonomic recommendations.

Note: Research proves that shoulder patients with impingement syndrome respond very well to physical therapy treatment^{3,4}.

Research References

1. Van Der Windt DA, Koes BW, De Jong BA, Bouter LM. Shoulder disorders in general practice: incidence, patient characteristics, and management. *Ann Rheum Dis.* 1995; 54:959-964.
2. Fu, F.H., Harner, C.D., Klein, A.H. Shoulder Impingement Syndrome, a critical review. *Clinical Orthopaedics and Related Research*, 11991; 269:162-173.
3. Ginn K, et al. A Randomized, Controlled Clinical Trial of a Treatment for Shoulder Pain. *Phys Ther.* 1997;77:802-811.
4. Bang M, Deyle G. Comparison of Supervised Exercise With and Without Manual Physical Therapy for Patients with Shoulder Impingement Syndrome. *J Orthop Sports Phys Ther.* 2003;30:126-37.

www.jc-pt.com

Mission

Jackson County Physical Therapy is committed to supporting you on your return to optimal health and well-being.

Vision

Jackson County Physical Therapy aspires to improve the quality of life for our patients by creating an environment that promotes wellness. We are committed to providing an experienced, caring staff dedicated to learning, teaching and personal development. We strive for a safe and confidential setting with unparalleled individualized care. We will listen compassionately to your concerns and consistently provide our services with integrity.

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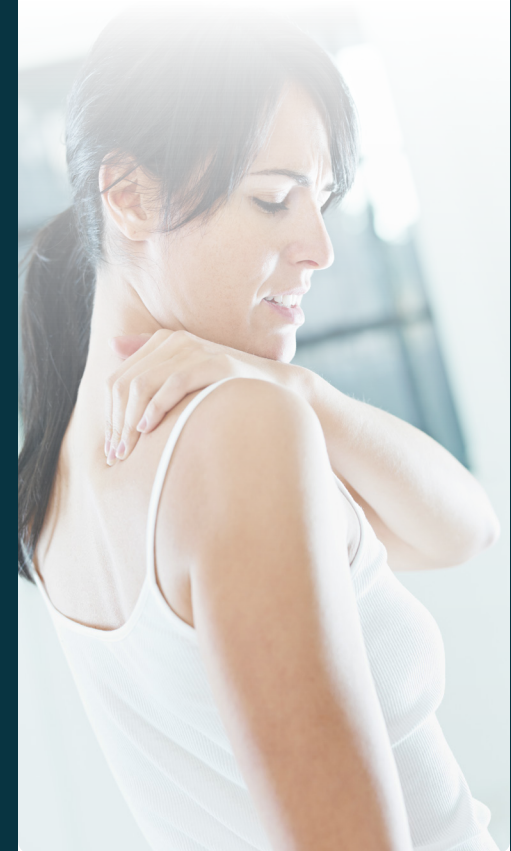
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Shoulder Pain & Impingement Syndrome



**JACKSON
COUNTY
PHYSICAL
THERAPY, LLC**

Heal Your Body. Strengthen Your Life.™

What is impingement syndrome and what are its symptoms?

Impingement syndrome is a condition where the rotator cuff tendons and/or bursa become pinched between the bony structures of the shoulder.

Left untreated, impingement may result in severe shoulder pain, tendinitis, and possibly a tear in the rotator cuff muscles. Torn rotator cuff muscles may require surgical repair².

Shoulder impingement syndrome and rotator cuff tendinitis are considered the most frequent causes of shoulder pain and disability, estimated at 11.2 per 1000 patients per year in medical practice¹.

Common symptoms include shoulder pain



aggravated by lifting, reaching above shoulder level, throwing activities, and sleeping on the shoulder. In more severe cases, pain may spread from the shoulder down the arm, and include the elbow and forearm.

Why does impingement occur?

Weakness of muscles which control shoulder movement becomes common as we age. This can cause impaired shoulder mechanics.

Poor postural habits can lead to tight muscles and soft tissue in the shoulder region. This can cause decreased space for the rotator cuff muscles, tendons, and bursa between bony structures of the shoulder.

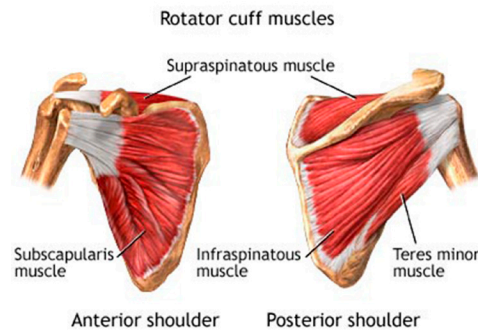
Impingement pain is a common result of weak or tight shoulder muscles in combination with repetitive overhead or sports-related activities.

Additional causes of impingement include acute trauma, such as a fall or motor vehicle accident, or anatomical abnormalities. The anatomic differences are usually evident on X-ray.

Won't my shoulder pain go away if I just rest it and take medication?

Pain is an early indication that your shoulder may not be working correctly. Rest, ice, and medication may address the symptoms of shoulder impingement, but they do not address the underlying cause of the problem.

Continual impingement upon the tendons and muscles of the shoulder can result in constant shoulder pain and ongoing progressive damage. It is vitally important to restore normal function, muscle balance, and flexibility in your shoulder so that you can address the cause of your pain. The earlier you improve the underlying problem, the less likely that damage will occur.



ADAM.

If I have pain, what should I do?

Help reduce inflammation of the shoulder through rest, ice, and placing the shoulder in a comfortable position. Avoid repetitive, painful activities. Take medication if prescribed by your doctor.

If you awake in the morning with increased shoulder pain, try to avoid sleeping on the painful shoulder.

Request a referral for physical therapy evaluation and treatment from your doctor. You may also see a physical therapist for 30 days without physician referral (check with your insurance plan for benefit coverage).

Physician Referral Slip Jackson County Physical Therapy, LLP

Name _____

Diagnosis _____

ICD - 10 Code _____

Precautions _____

- | | |
|------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Shoulder Pain Program | <input type="checkbox"/> Heat |
| <input type="checkbox"/> Evaluate and Treat | <input type="checkbox"/> Cryotherapy |
| <input type="checkbox"/> Therapeutic exercise | <input type="checkbox"/> Iontophoresis |
| <input type="checkbox"/> Joint Mobilization | <input type="checkbox"/> Phonophoresis |
| <input type="checkbox"/> Ultrasound | <input type="checkbox"/> Electrotherapy |
| <input type="checkbox"/> Massage | <input type="checkbox"/> Neuromuscular reeducation |
| <input type="checkbox"/> Traction | |

Rx Treatment Prescription:

Rx Treatment Goals

Required

_____ times/week _____ weeks

Date

Physician Signature

Stamp/Print Physician Name