

# Shoulder Complex

## Assessment & Management: A practical approach

Shoulder injuries are one of the most common in Active and sedentary population:  
Nature of conditions are different...!



### Normal anatomy and movement

- 4 joints (GHJ, SCJ, ACJ, STxJ)
- Rotator cuff (supra, infra, teres minor, subscapularis)
- biceps/triceps
- Bursa
- UT, MT, LT,
- Scap-Tx muscles: Pect, Lattismus dorsi, Rhombi, etc

### Physiological Movement v/s Anatomical movements

### Mobility at the expense of Strength/stability (most mobile joint)

### Common dysfunctions/conditions (can be a spectrum):

- Poor posture
- Impingement
- Muscle strain
- Tendonitis
- Bursitis
- Muscle tear
- Frozen shoulder

### Consider:

A presentation is 'a snapshot in time' on a spectrum of conditions

The presentation can 'improve' on this spectrum with treatment or 'progress'

### Common related conditions:

- Cx facet presentations
- Headaches
- Radicular syndrome
- UL weakness >>> UL conditions (tennis elbow, golfer's elbow, etc.)
- Thoracic conditions: kyphosis, scoliosis

### Common Objective assessment:

- Posture
- Palpation
- Cx Assessment
- Shoulder ROM assessment (HBB, HBH)
- Shoulder RSC
- Full can test/empty can test
- Subacromial compression test
- SLAP test
- Hori-add for ACJ

### Management principles of Active or passive mobilisation

- Management of symptoms initially
- Stabilisation initially if needed (taping, bracing)
- Superficial to deeper
- Mobilisation of stiff joints and stabilisation of unstable joints (eg: GHJ injury & STxJ stiffness)
- **Manage Cx, Tx and CVJ**

### Precautions: gradual return to activity in acute stages

### Active/Passive treatment techniques:

- **DN to manage symptoms**
- **Mobilisation to decompress GHJ**
  - ◆ Caudal
  - ◆ AP
  - ◆ Caudal/AP (diagonal)

### Active Mobilisation through exercises:

- Cx rotation <https://youtu.be/WKWI42CS-GU>
- Cx flex/ext [https://youtu.be/dzqER\\_NuZzo](https://youtu.be/dzqER_NuZzo)
- UT/LS stretch <https://youtu.be/x4qjEdo0pnc>
- SOE stretch <https://youtu.be/R1osmZT0454>
- Shoulder Roll <https://youtu.be/kHdSVz5Mvdl>
- GHJ roll <https://youtu.be/dkVi5KVZI2E>
- Pectoralis stretch
- SHoulder blade clock [https://youtu.be/\\_16YP4RoiQI](https://youtu.be/_16YP4RoiQI)
- Eagle(post shl)stretch <https://youtu.be/tFDVEyfgdwM>
- Shoulder abduction <https://youtu.be/UnOEjT7opQg>
- Cat-camel [https://youtu.be/\\_M7vML6VWUk](https://youtu.be/_M7vML6VWUk)

### Consideration for strengthening for Sustainable & Long term results..!

- Incorporate shoulder, upper thoracic segments in/out of exercises
- Full body movement
- Functional movement/exercises

Thank You...any Questions...?

### References:

- Cervical and Thoracic Spine. Park B: The Mckenzie Institute: Centre for Postgraduate Study in Mechanical Dlnagnosis and Therapy (2021)
- Polestar Pilates 2014, Polestar Pilates: Professional Education, Comprehensive Levels 1-3, Comprehensive Levels 4-6, Teaching to heal through movement.
- Clinical Sports Medicine: Brukner and Karim Khan