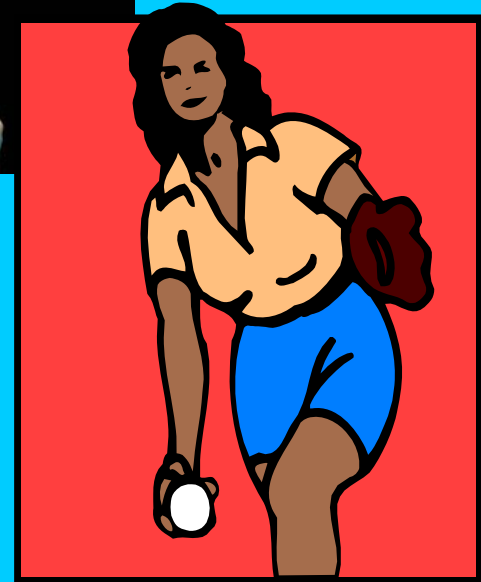
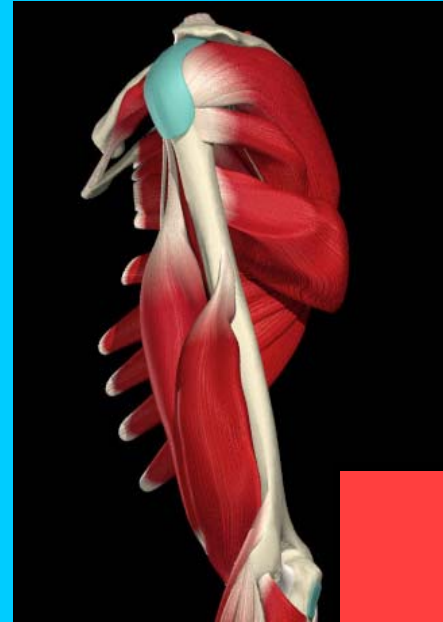


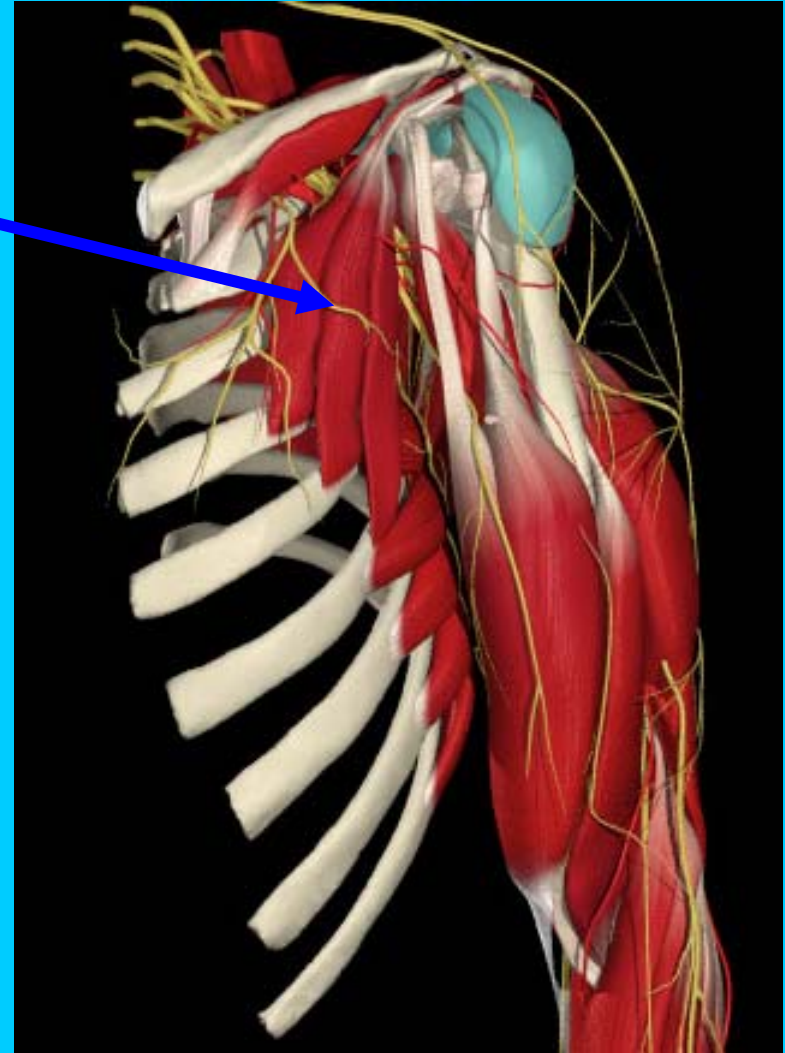
# Shoulder Rehabilitation

- Anatomy Review
- Muscle Testing Review
- Common Problems
- Treatment



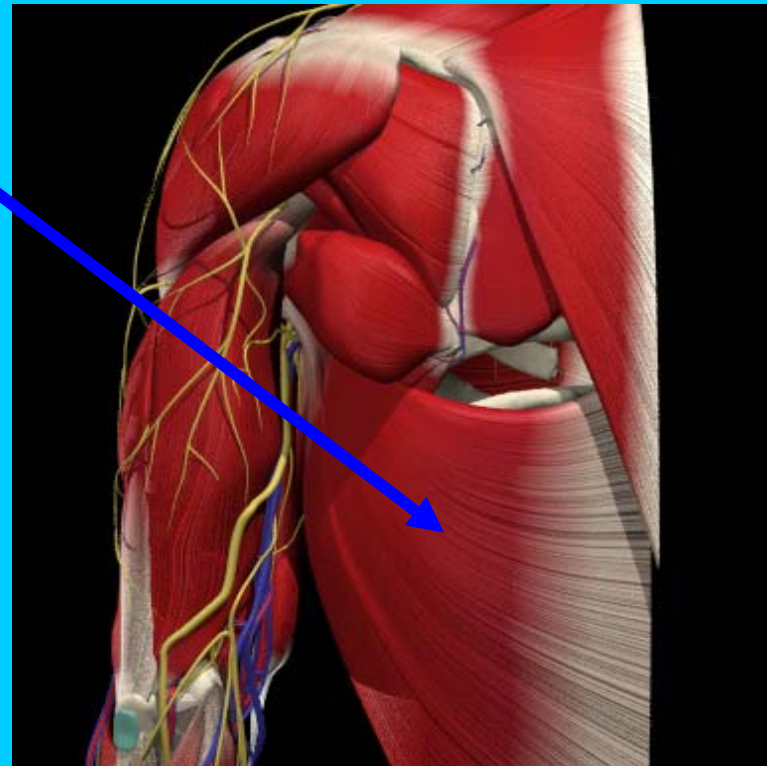
# Anatomy Review - Shoulder

- Pectoralis minor
  - Common TOS provoker
  - Tension rolls glenohumeral joint anterior
  - Tightness common with forward rolled posture



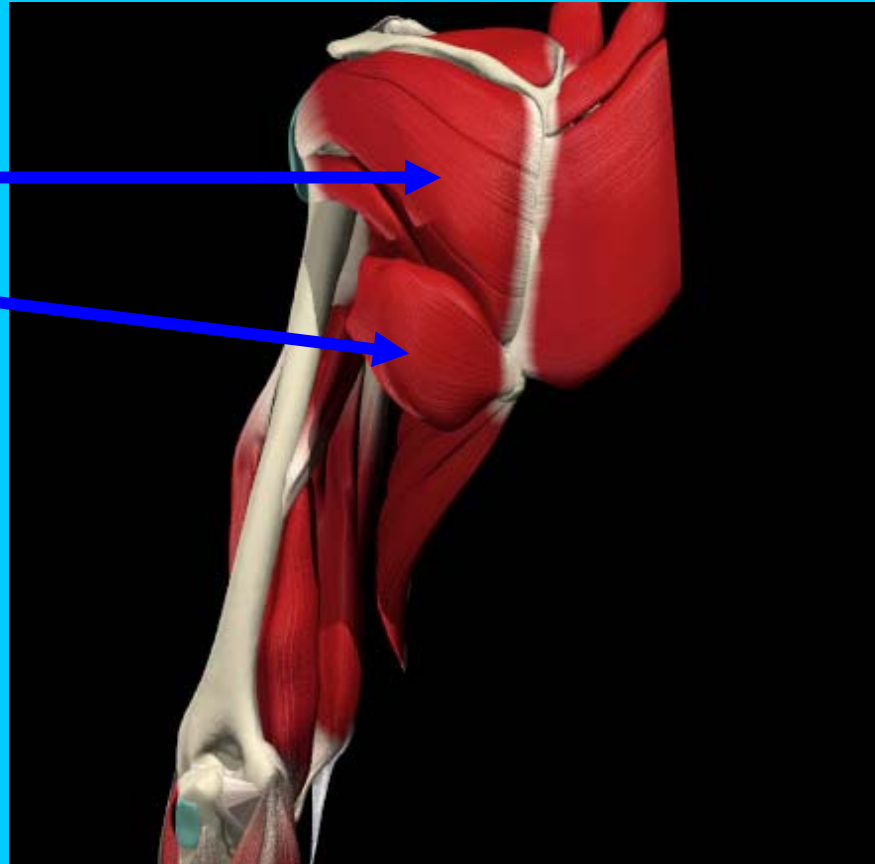
# Anatomy Review - Shoulder

- Latissimus dorsi
  - Inhibited by: thoracic fixations & C1
  - Major posterior postural stabilizer
  - Readily inhibited by foot dysfunction
  - Weakness allows anterior glenohumeral displacement



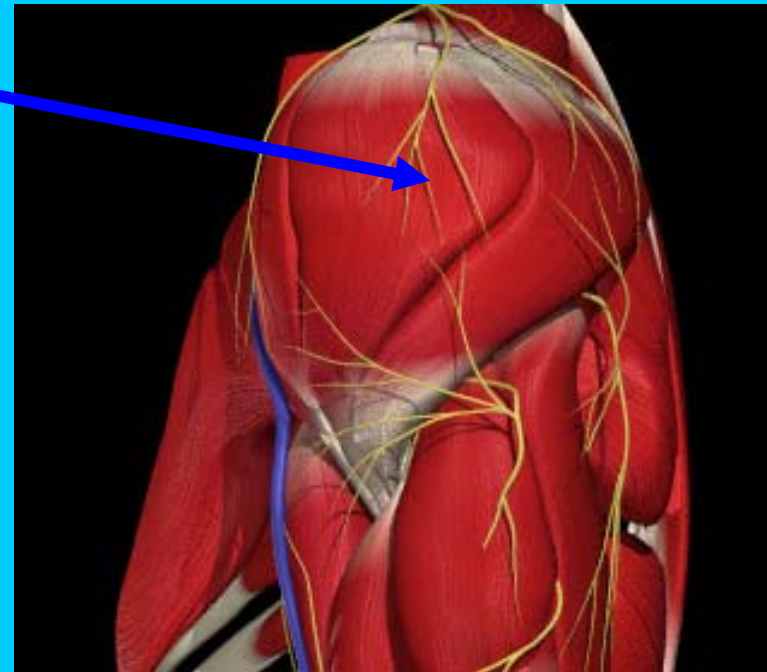
# Anatomy Review - Shoulder

- Infrapinatus & Teres minor
  - Inhibited by fixation in lower cervical spine



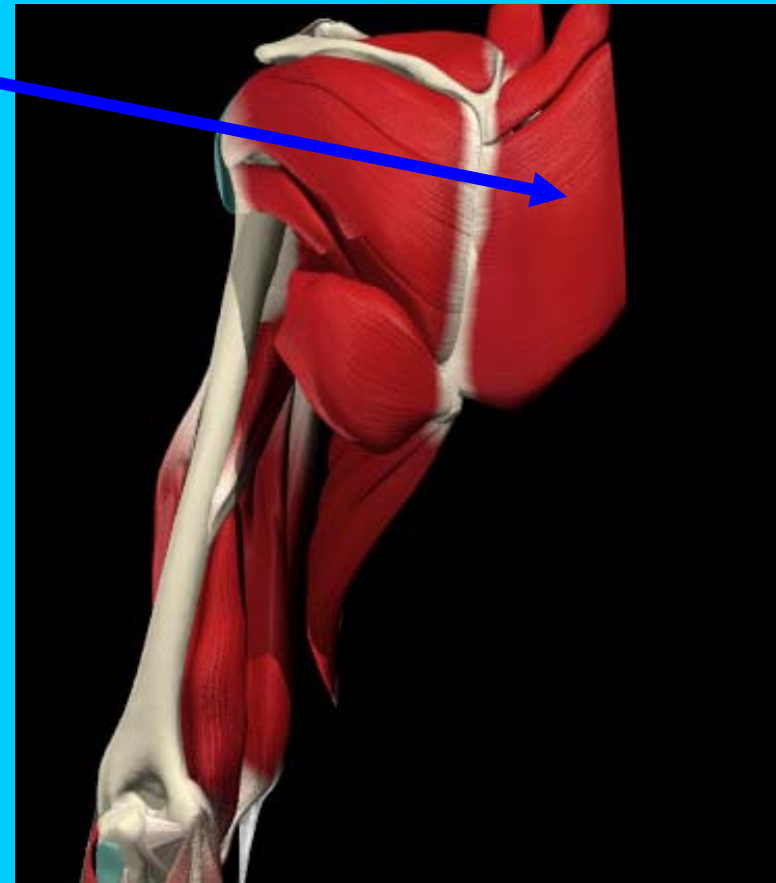
# Anatomy Review - Shoulder

- Deltoid
  - Anterior
  - Middle
  - Posterior
- Fixation mid to lower cervicals will inhibit



# Anatomy Review - Shoulder

- Rhomboids
  - Inhibited by both lower cervical & thoracic fixations
  - Inhibited by excessive flexor tone
  - Under used by most patients



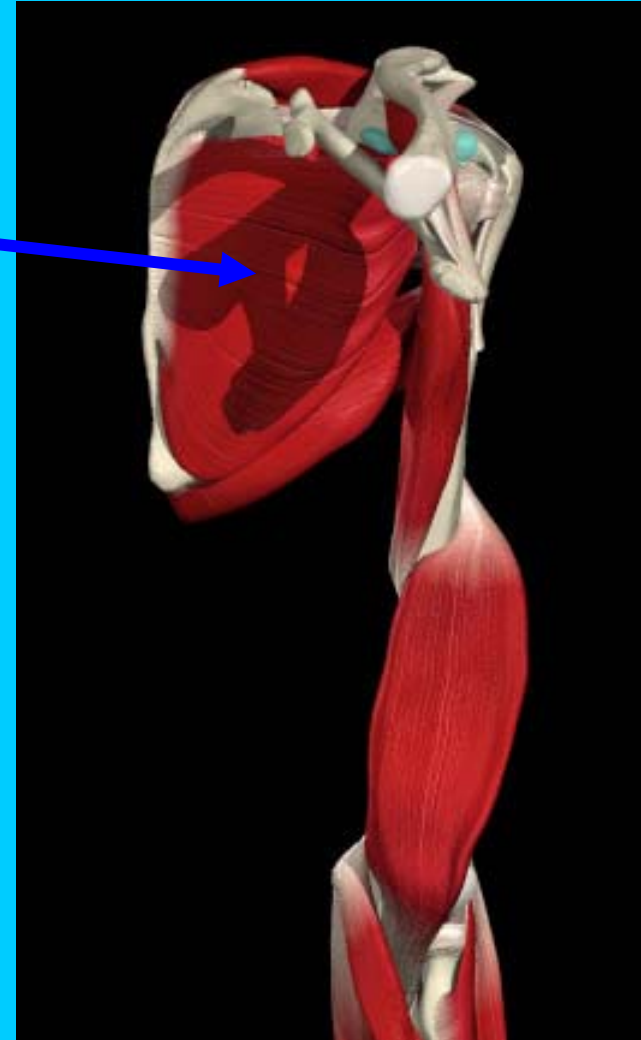
# Anatomy Review - Shoulder

- Supraspinatus
  - Inhibited by mid to lower cervical fixations



# Anatomy Review - Shoulder

- Subscapularis
  - Tendon easily entrapped as it passes through the glenohumeral joint
  - Increased wear & tear with advancing age





# Evaluation

- History
- Orthopedic, neurological & physical
  - Remember probing palpation of soft tissue structures to patient tolerance
- Radiographic
- Chiropractic spinal analysis
- Selective muscle testing



# Radiographic

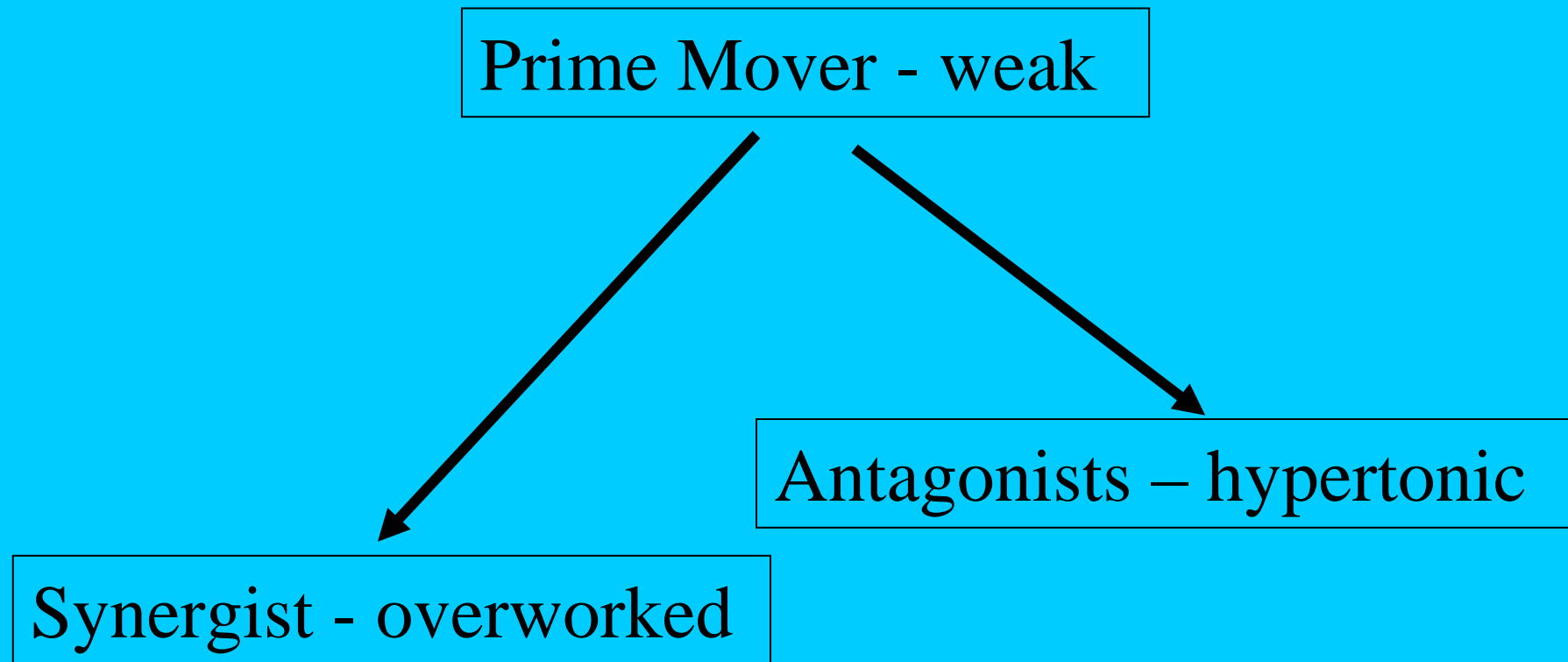
Osteonecrosis, both humeral heads, due to steroids used to treat this patient's chronic leukemia



# Tendonitis, Capsulitis & Bursitis

- Uneven balance of forces across a joint
- Impingement of soft tissues
  - Tendons, bursa & joint capsule
  - Vascular components (TOS)
  - Neurological entrapment
- Improper coupled motions across joint
- Excessive wear and tear of soft tissues

# Myofascial Pain



# Myofascial Pain - Triggers

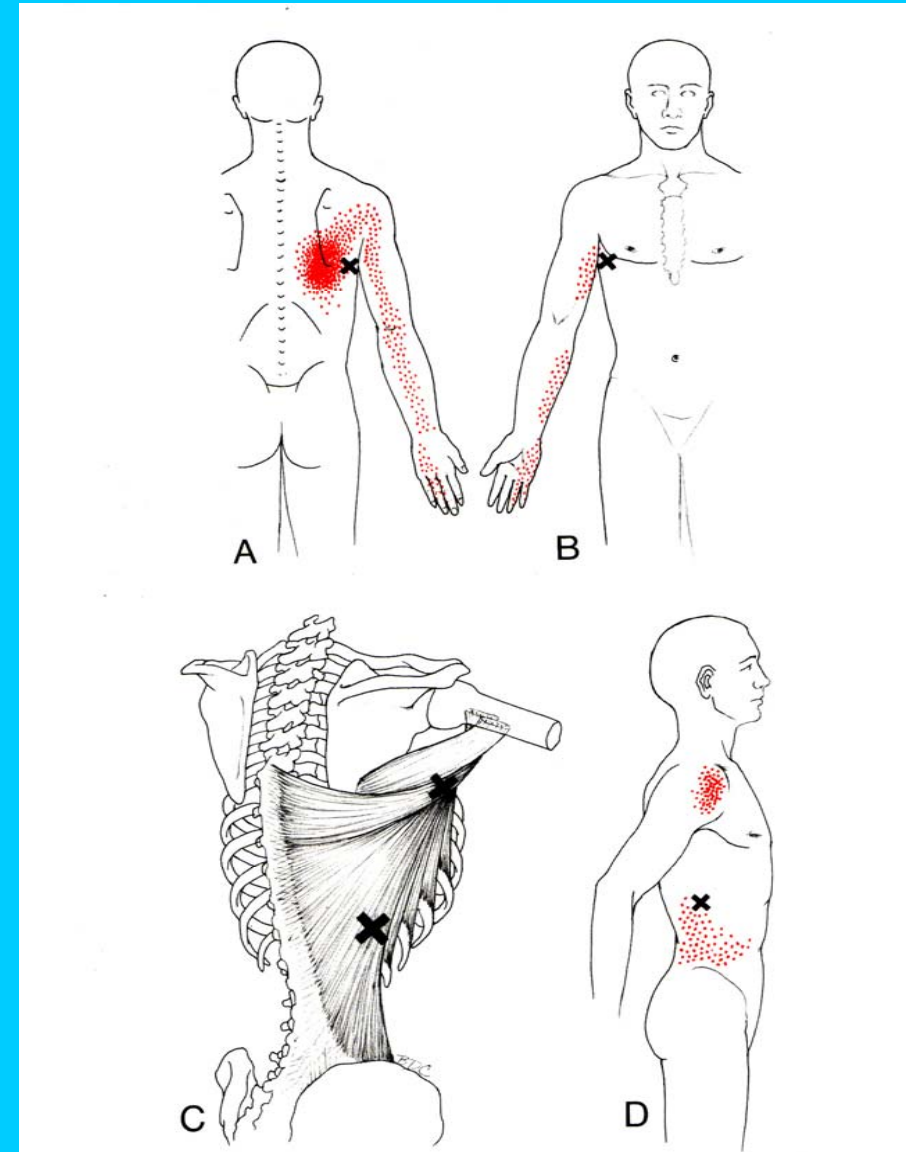
- Pressure – direct contact by leaning
- Stretching – passively while sleeping or indirectly during activity
- Use – contraction, especially with considerable resistance or posturally

# Myofascial Pain - Treatments

- Pressure – ischemic compression
- Stretching – gentle, slowly, regularly
- Use – low resistance, aerobic style

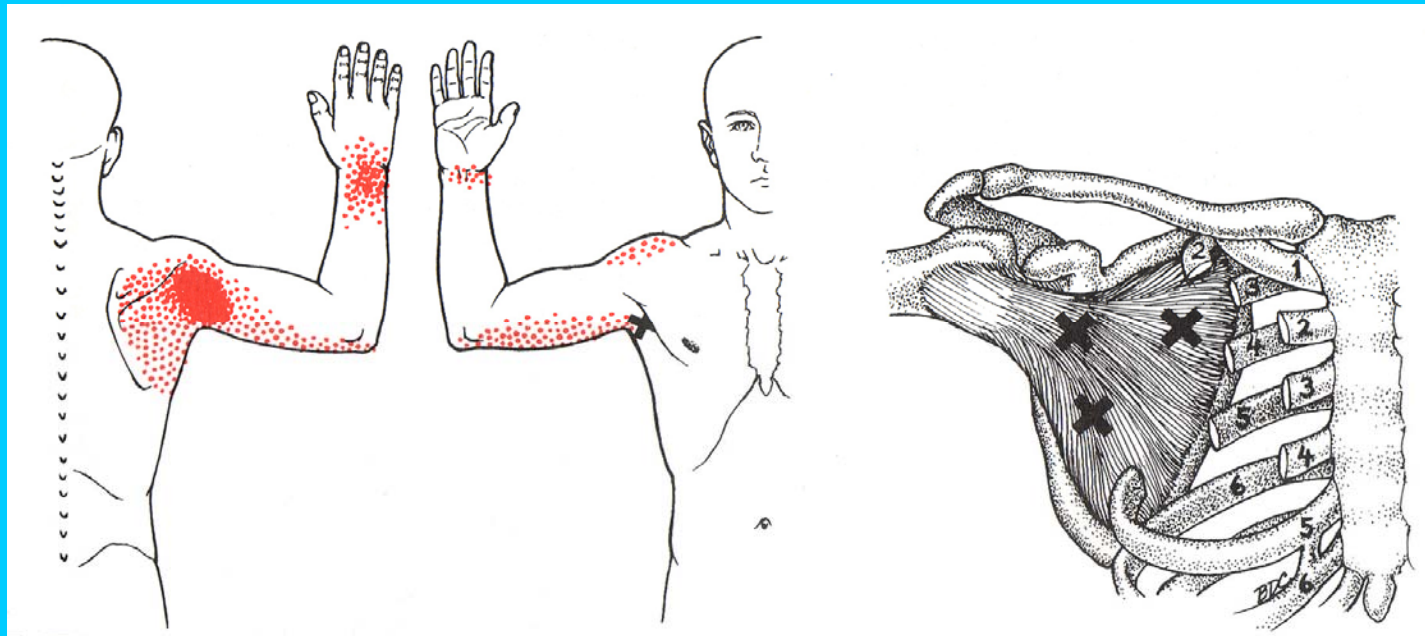
# Trigger Points

- Latissimus Dorsi
  - Mid-thoracic
  - Posterior scapula
  - Anterior shoulder
  - Entire arm to hand



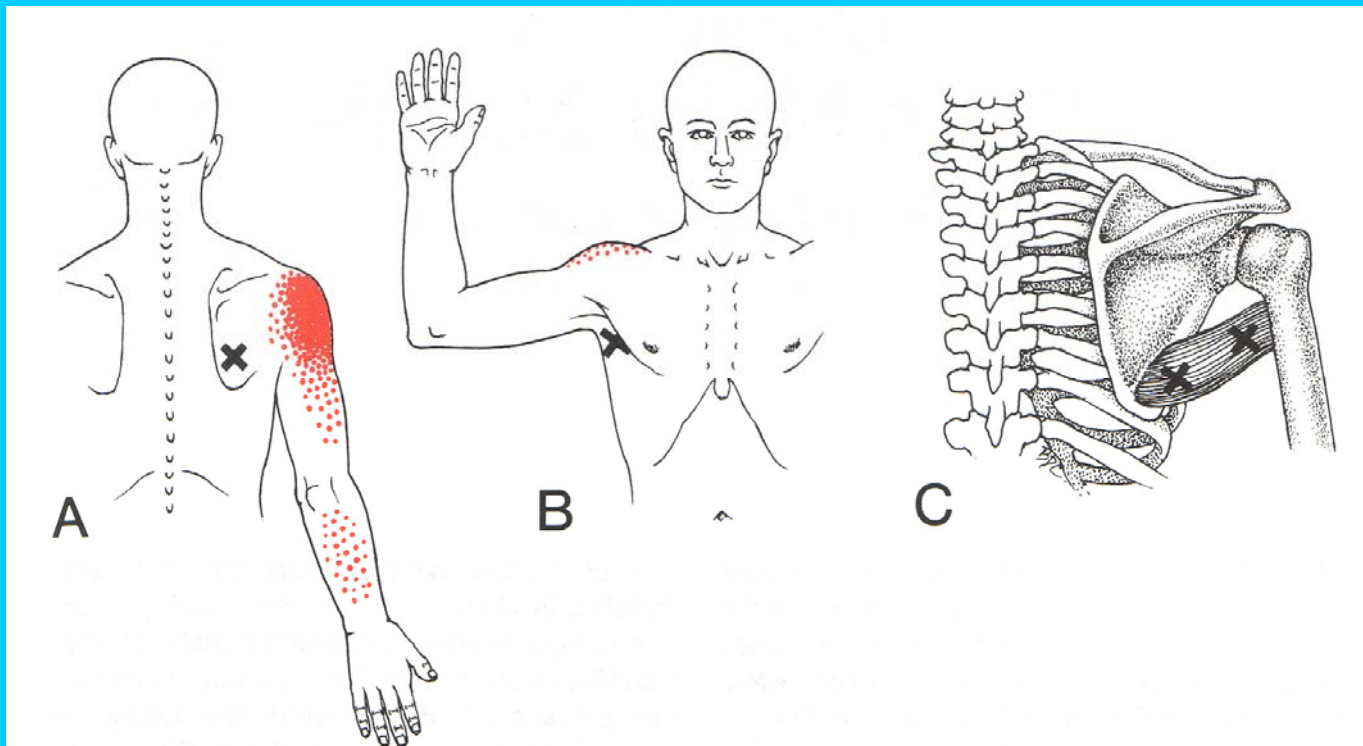
# Trigger Points

- Subscapularis
  - “Frozen Shoulder”
  - Posterior shoulder
  - Arm
  - Wrist



# Trigger Points

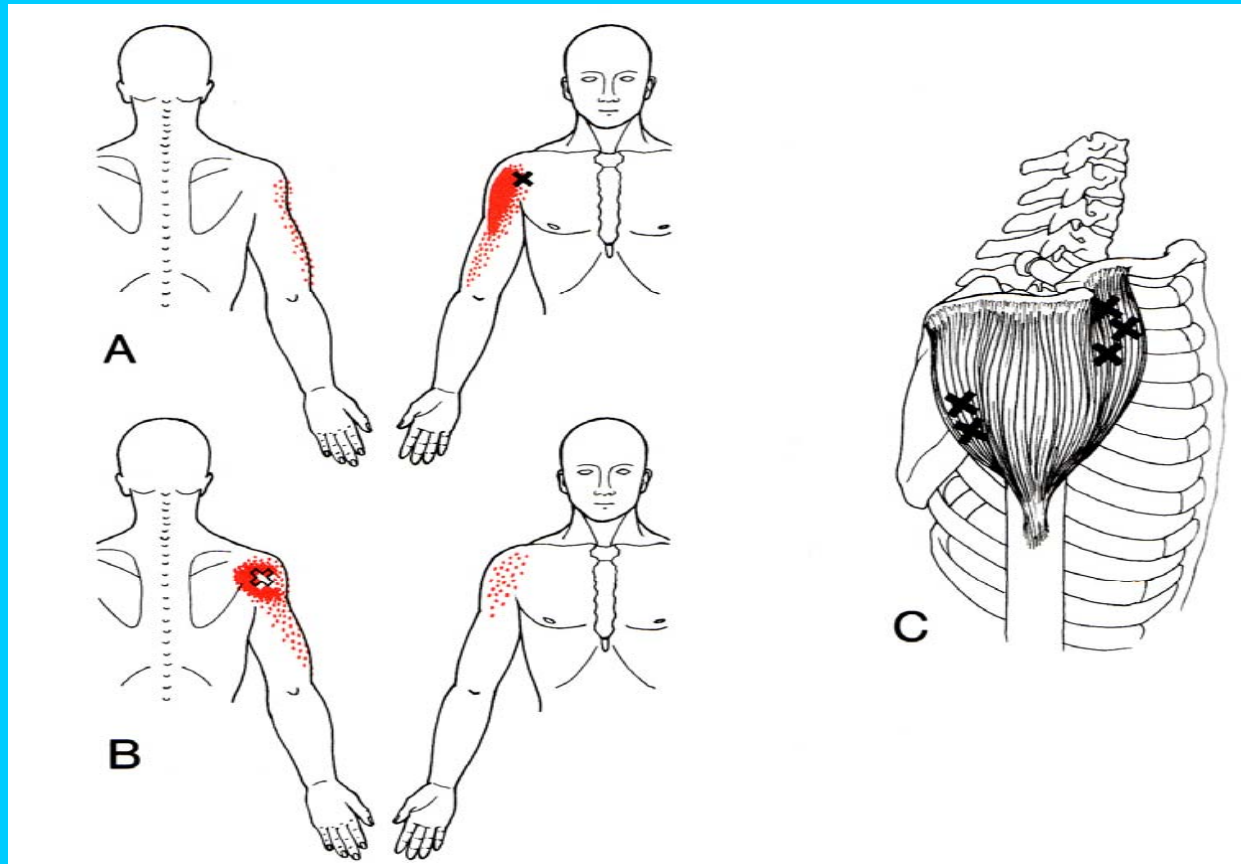
- Teres major
  - Similar to latissimus dorsi
  - Deltoid & arm pain





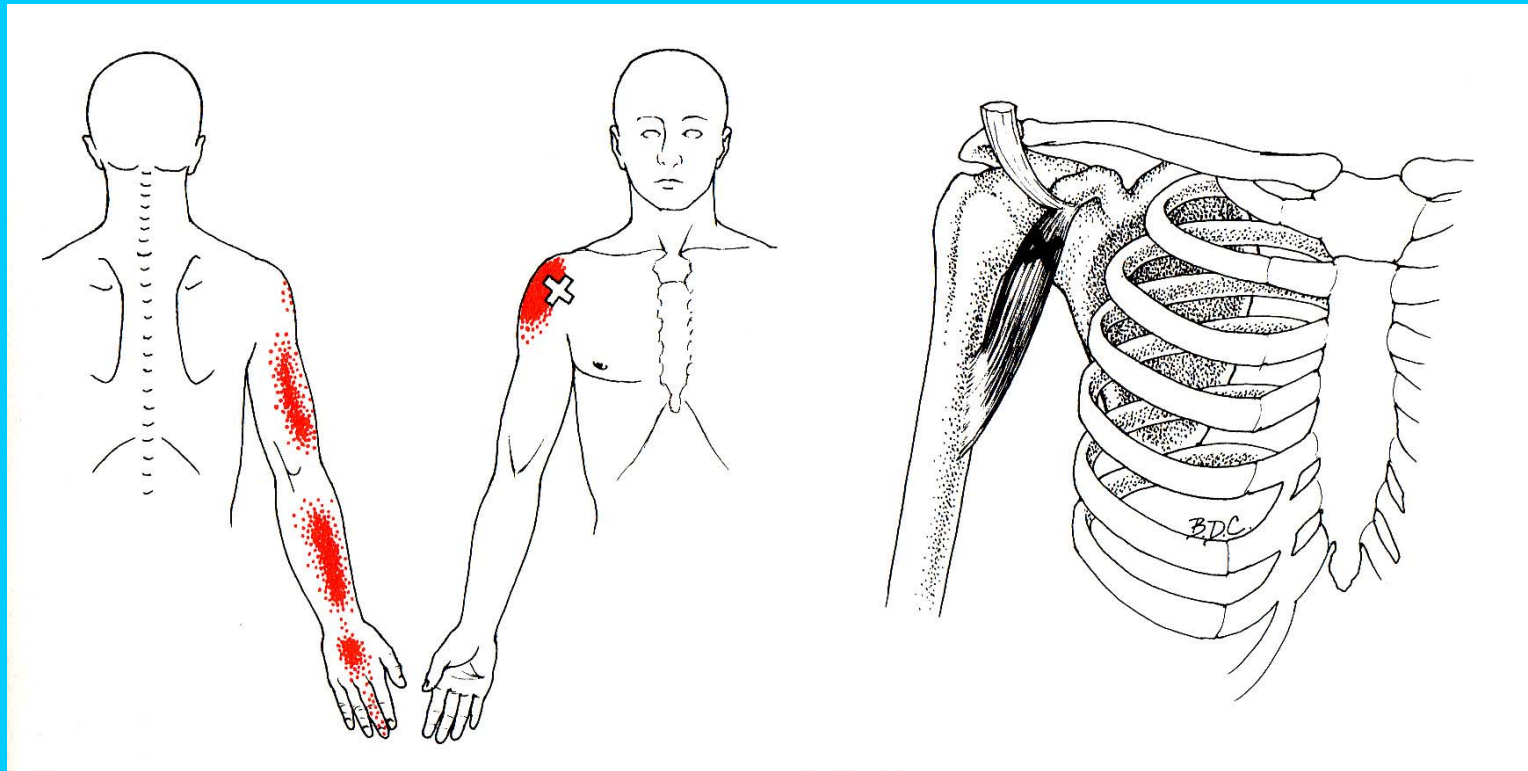
# Trigger Points

- Deltoid
  - Local pain at shoulder



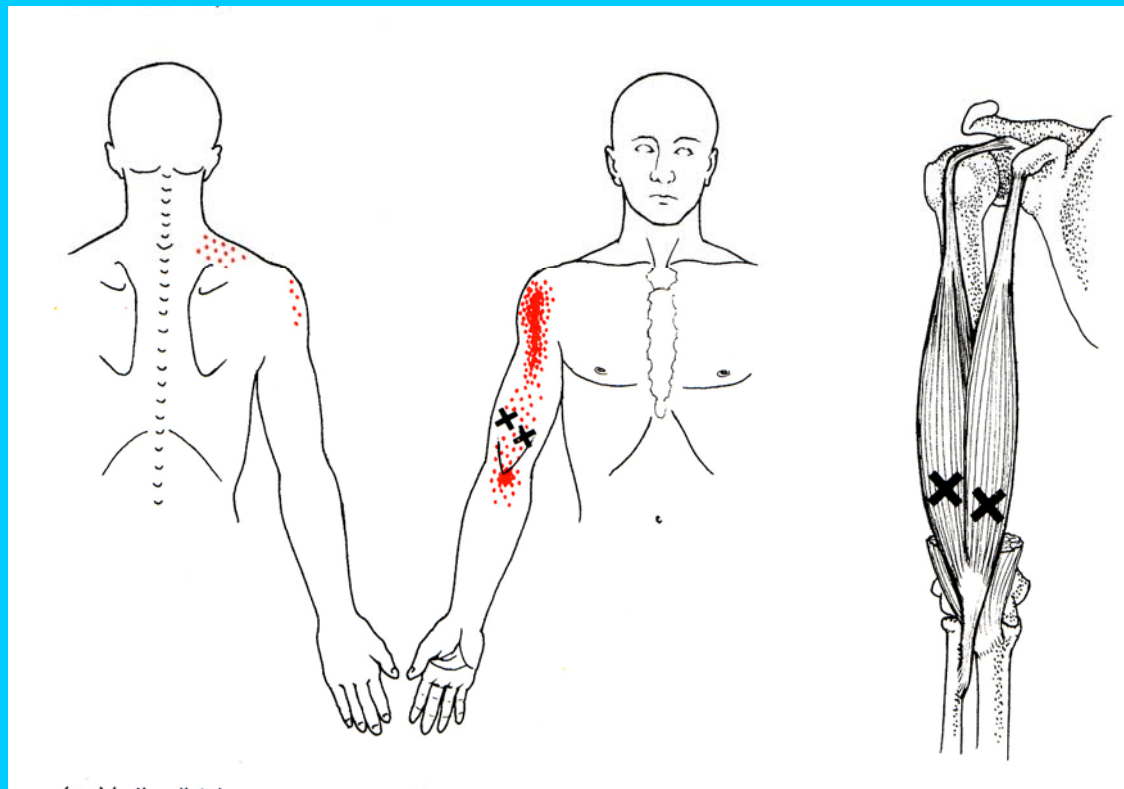
# Trigger Points

- Coracobrachialis
  - Similar to deltoid
  - Arm, forearm & wrist



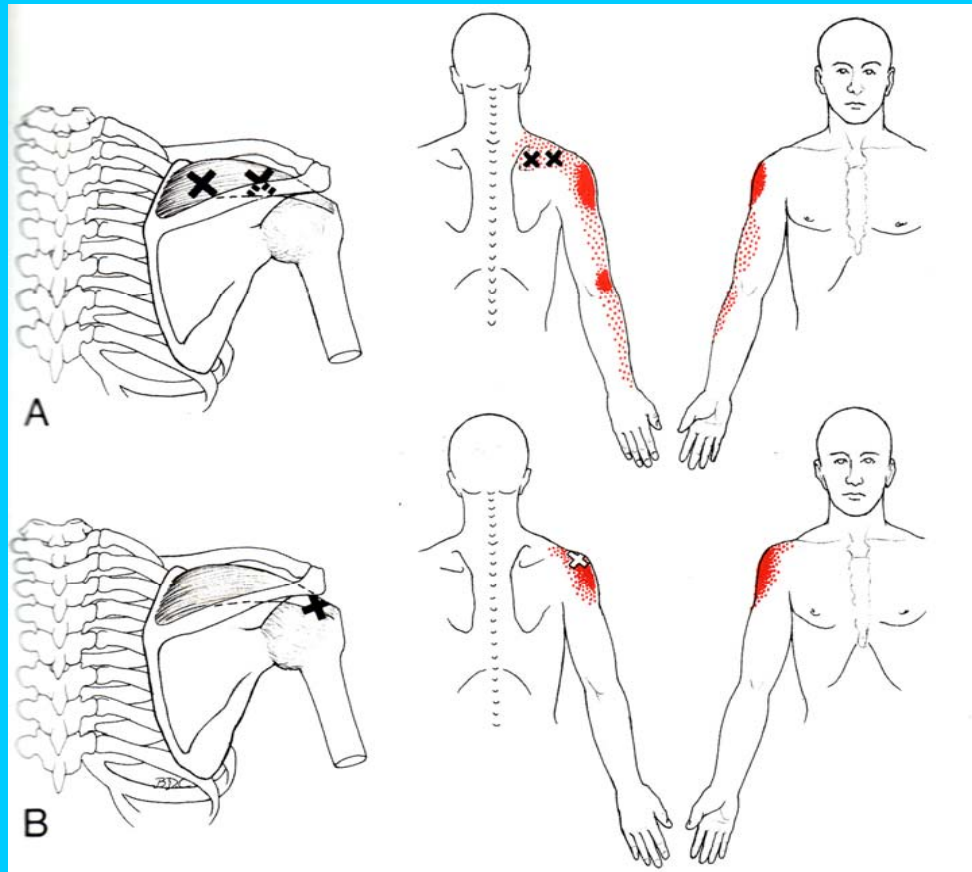
# Trigger Points

- Biceps brachii
  - Pain lateral shoulder
  - Pain anterior elbow



# Trigger Points

- Supraspinatus
  - Mimics subdeltoid bursitis
  - Elbow, arm & forearm



# Treatment Steps



- Pain relief
  - Ice, modalities (electrical stimulation, ultrasound)
  - Possible start trigger point release work
- Kinsiotaping
- Passive motion
- Manipulation when applicable
- Gentle resistance within non-painful range
- Gradual increase in range and resistance

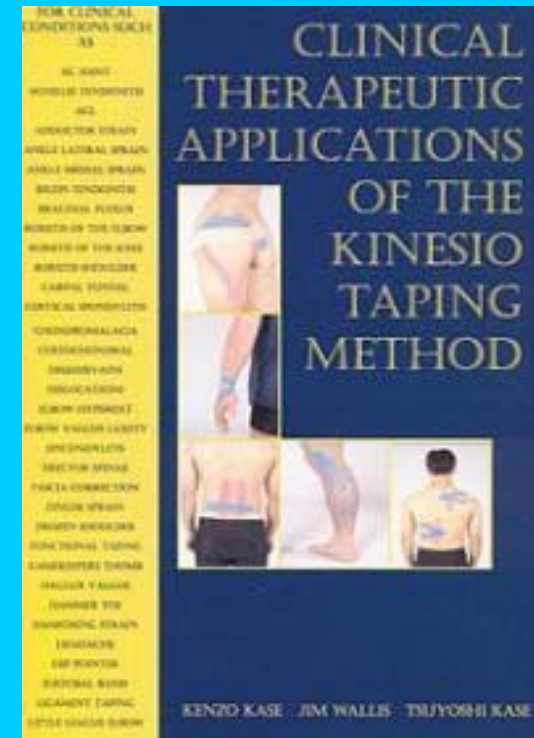
# Kinesiotaping - Shoulder



Frozen Shoulder Pattern

# Kinesiotaping Resources

- Book- author: Kenzo Kase
- Website:  
<http://www.kinesiotaping.com>

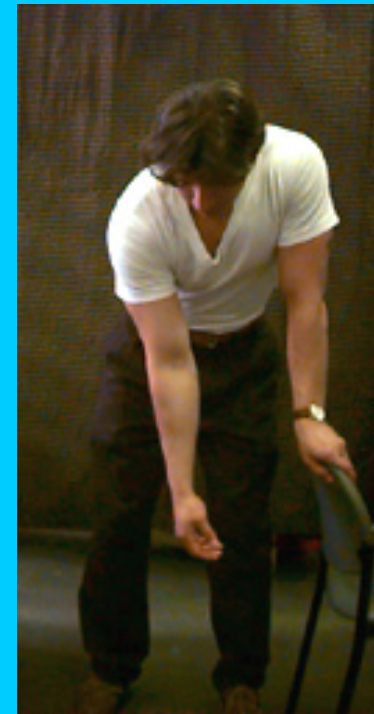
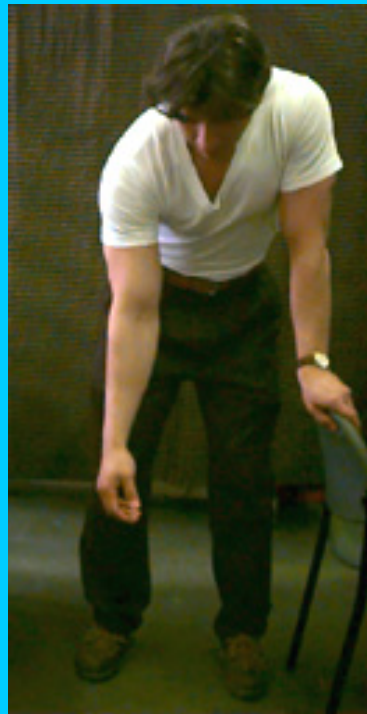
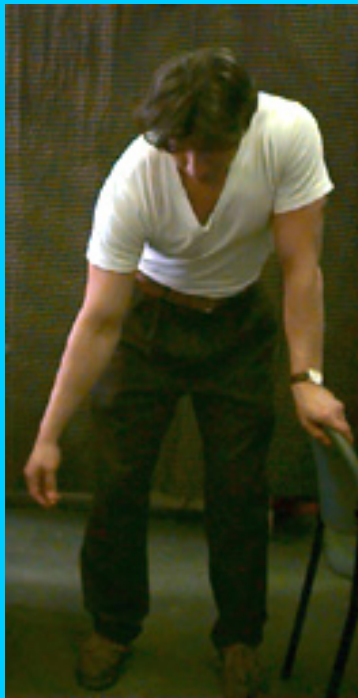


[www.fisiokinesiterapia.biz](http://www.fisiokinesiterapia.biz)



# Passive Motion

- Pendulums or Codman's arm swing





# Passive Motion

- Wall walking



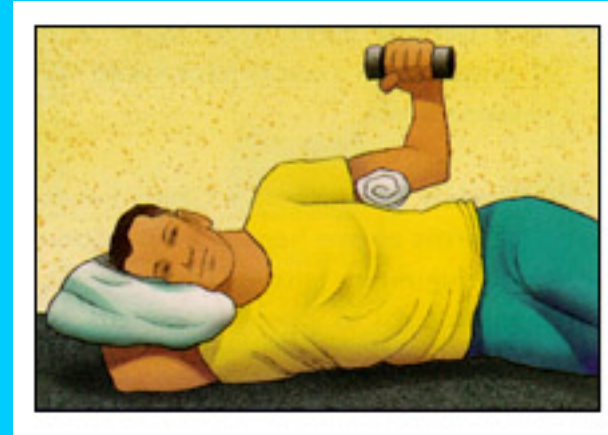
# Resistance Exercises

- Internal Rotation
  - Pectoralis major
  - Subscapularis



# Resistance Exercises

- External Rotation
  - Teres minor



# Resistance Exercises

- Abduction
  - Supraspinatus
  - Deltoid



# Resistance Exercises

- Scapular Retraction
  - Rhomboids
  - Trapezius
- Scapular “Fixing”
  - Subscapularis

