



# Live Stronger, Live Longer: #5 SHOULDER PAIN

## DISEASE BURDEN



Shoulder pain affects up to 67% of the population over their lifespan; with 16% of the population being affected each month.



People of working age are commonly affected due to exposure to recreational or competitive sport participation and occupational risk factors.



Shoulder pain can significantly impact work place and parenting activities. This can lead to impaired quality of life, psychological distress, and financial burden.

## WHO ARE WE?

We are a clinic of Accredited Exercise Physiologists; with experience in musculoskeletal, neurological, metabolic, cancer, mental health conditions and healthy ageing. With over 40+ years of collective experience, we aim to get our clients moving better and feeling better throughout their lifespan.

## REFERRALS

We can accept referrals and provide services under the following:

- Medicare TCA/CDM
- Aged Care Services
- Workcover
- NDIS

## HOW CAN EXERCISE HELP?



Due to limited bony support in the shoulder girdle, the joint is highly dependant upon the strength of ligaments, tendons and muscular support - all of which can be directly impacted through exercise. Exercise can help to rehabilitate the shoulder and restore surrounding joints that may be affected or contributing to injury. Rehab helps to get patients back to their activities of daily living more effectively.

## WHY SEE AN EP?



Exercise Physiologists use a holistic approach, taking into account strength, biomechanics and psychosocial factors to rehabilitate the shoulder to full function. We look at how the shoulder and upper body work with the body as whole to reduce unwanted tissue stress. We are able to provide activity modifications during the rehab process, including return to work guidelines and training parameters for sports.

## SURGERY OR CONSERVATIVE?



Physical rehabilitation leads to successful outcomes in 65-80% of cases, including cases of severe pain. Many patients with chronic pain can be successfully treated non-surgically, with improvements within 3 months. While cortisone injections may provide pain relief, if the root cause of the problem is not addressed, the pain is likely to return.

Clients wishing to access a private health fund do not require a referral, however medical history and clearance provided by a GP gives us vital information.