

north valley

community connection**Frozen Shoulder Syndrome: How to Prevent this Painful Condition**

By Carla Kazimir PT

We see many patients come into our clinic with shoulder pain. Some have had a fall. Others are sitting over a computer all day. Some are doing a lot of overhead reaching or doing a repetitive motion as part of their job or sports routine.

Poor posture can be a culprit. Sitting with rounded shoulders over a desk all day can create weak back muscles. This weakness can change the biomechanics of the shoulder scapula complex ever so slightly and this can create an impingement syndrome. Each time you use the shoulder you pinch the joint in a way that irritates the bursae or the lining in the joint. This can translate into a very painful condition every time you go to move your arm. Sometimes repetitive lifting overhead or too much tension in the shoulder joint over a long period of time can also cause inflammation of the shoulder joint.

This inflammation left unchecked can lead to scar formation which impedes movement. Then the muscles can atrophy which can lead to what is commonly known as frozen shoulder syndrome.

If you have shoulder pain, physical therapy can help. We use ultrasound, cold laser, electrical stimulation, ice massage and kinesio taping to calm a joint down quickly. Once the pain and inflammation are in check we can perform some joint mobilization and stretches to get the motion back. We can give you exercises to help you get the strength back and to strengthen the back muscles necessary for posture correction so this does not happen again.

You would not want to continually live with shoulder pain because this chronic impingement could evolve into an actual tear in the rotator cuff. Slight tears can heal with physical therapy but more involved tears in the rotator cuff can require surgery.

Shoulder pain is often diagnosed as impingement syndrome, rotator cuff tear, bursitis or adhesive capsulitis. All these diagnoses are very similar and require physical therapy evaluation and treatment to reduce pain and prevent further injury.

At North Valley Physical Therapy we can evaluate a shoulder injury, relieve your joint



pain, and give you the tools through stretching and strengthening to regain use of your shoulder and prevent re-injury. We offer a complimentary consultation to see if physical therapy can help you. We are located in the Knollwood Shopping Center at 11858 ½ Balboa Blvd in Granada Hills. 818-217-4868

www.northvalleypt.com We are Medicare and Blue Shield providers and bill all private insurance.

North Valley Physical Therapy is owned and operated by Carla Kazimir PT who has been practicing in the San Fernando Valley since 1984.