HINDMARSH AND FITZROY PHYSIOTHERAPY

281 Port Rd Hindmarsh
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WAKING UP WITH A SORE SHOULDER

5 REASONS FOR WAKING WITH UNEXPLAINED SHOULDER PAIN

Going to bed fine and then waking the next day with significant shoulder pain for no apparent reason is often described to us. Thinking back - nothing seems to fit!

SO WHY DID I WAKE UP WITH SHOULDER PAIN?

If you have no history of shoulder problems the most likely answer has to do with your sleep position.

People frequently sleep on their shoulder in a way that causes their rotator cuff tendons or shoulder bursae to become pinched. It may not hurt at the time, but after several hours this position creates an inflammatory response.

It is this inflammation in the pinched structure that is so painful upon waking. For most people, pain will decrease over the first 48 hours. But many will still be left with some symptoms.

If you are one of those unlucky people, a consultation with an experienced Physiotherapist is in order.

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HOW TO AVOID WAKING UP WITH SHOULDER PAIN

Most people get into the habit of sleeping in one preferred position. It is not always easy to make a change to your sleep position, but it may be required to say goodbye to your shoulder pain. Here are 2 two guidelines to obtaining a shoulder pain free sleep position.

1. Quarter turn.

People experience pain if they sleep directly on their upper arm. This position creates a sustained compression force between the humerus or upper arm bone and the glenoid or "cup" of your shoulder. If you turn just a bit onto your front or back the compression is reduced and your chances of waking up in pain are reduced too.

Quick Tip: If this sounds like you, use a body pillow as a bolster to ensure you do not roll directly onto your shoulder during the night.

2. Elbow Below Shoulder

If you sleep in a position where your elbow is closer to the headboard than your shoulder, you may be increasing your risk of waking up in pain. When your arm is elevated in this way and your muscles are at rest, your rotator cuff tendons and your shoulder bursae can become pinched between the cup of your shoulder and your upper arm bone. If this position is allowed to persist it will result in pain, and in many cases it will cause damage to the structures being pinched.

Quick Tip: Wear a loose T-shirt to bed but do not put the arm you are concerned about through the sleeve. Instead leave it at your side. When you unconsciously reach for the headboard the t-shirt will stop you from achieving a pain generating position.

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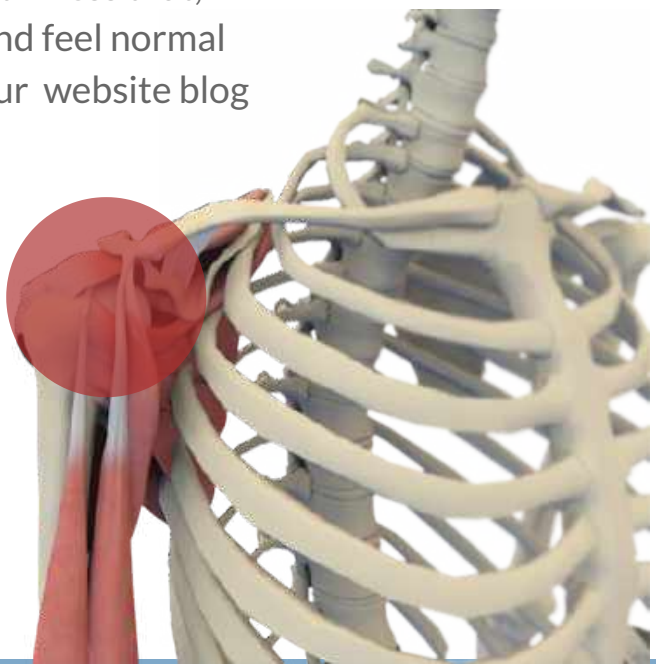
WHAT ARE SOME OTHER POSSIBLE CAUSES OF MY MORNING SHOULDER PAIN?

Morning shoulder pain can be the biggining of a more significant shoulder problem and symptoms will persist beyond 48 hours and will not be sufficiently relieved by a change in your sleep position

FROZEN SHOULDER

Frozen shoulder is a problem that seems to come out of nowhere and starts with a very painful phase followed by stiffness that, if left untreated, can take a very long time to heal and feel normal again. You can read more about this problem in our website blog post :

Is it a Frozen Shoulder



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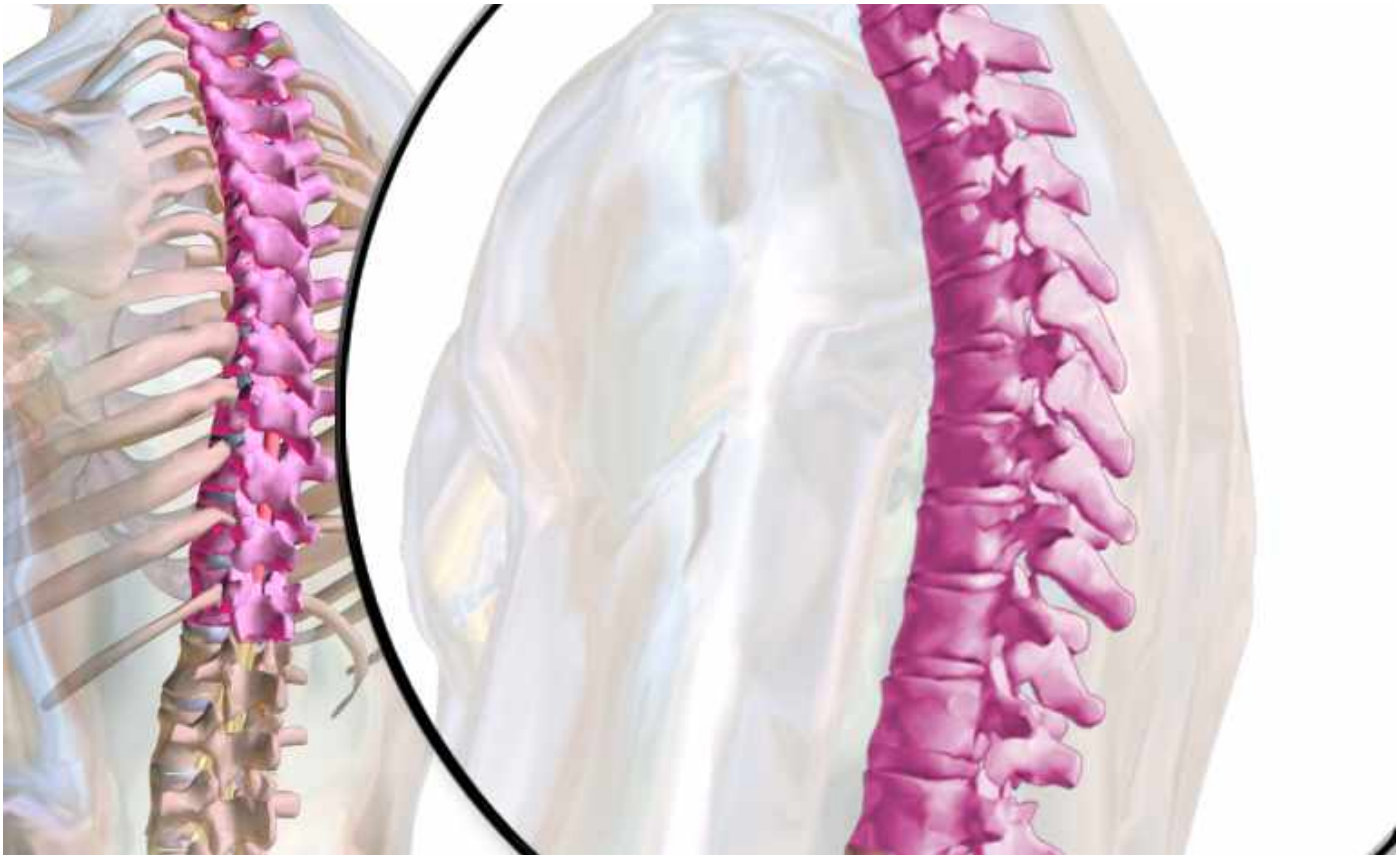
SCAPULAR DYSKINESIS

Sometimes known as "chicken wing shoulder blades". This is a condition that causes you to have poor control of your shoulder blade (or scapula). As the shoulder blade forms the base of attachment of your shoulder to your thorax this problem is thought to contribute to many painful structures.

The results can be overuse and over-stretch pain on muscles that are failing to do their job, pain from the joint itself because of altered mechanics or even nerve pain from the bundle of nerves that run from your neck down your arm.

THORACIC SPINE STIFFNESS

Many people don't realize is that in order to reach up over our heads we need good mobility from our spine and rib cage. Sitting for hours on end and lack of physical activity can contribute to thoracic spine stiffness.This lack of mobility then requires the shoulder to move more than it is meant to inorder to compensate – eventually leading to pain in the shoulder.



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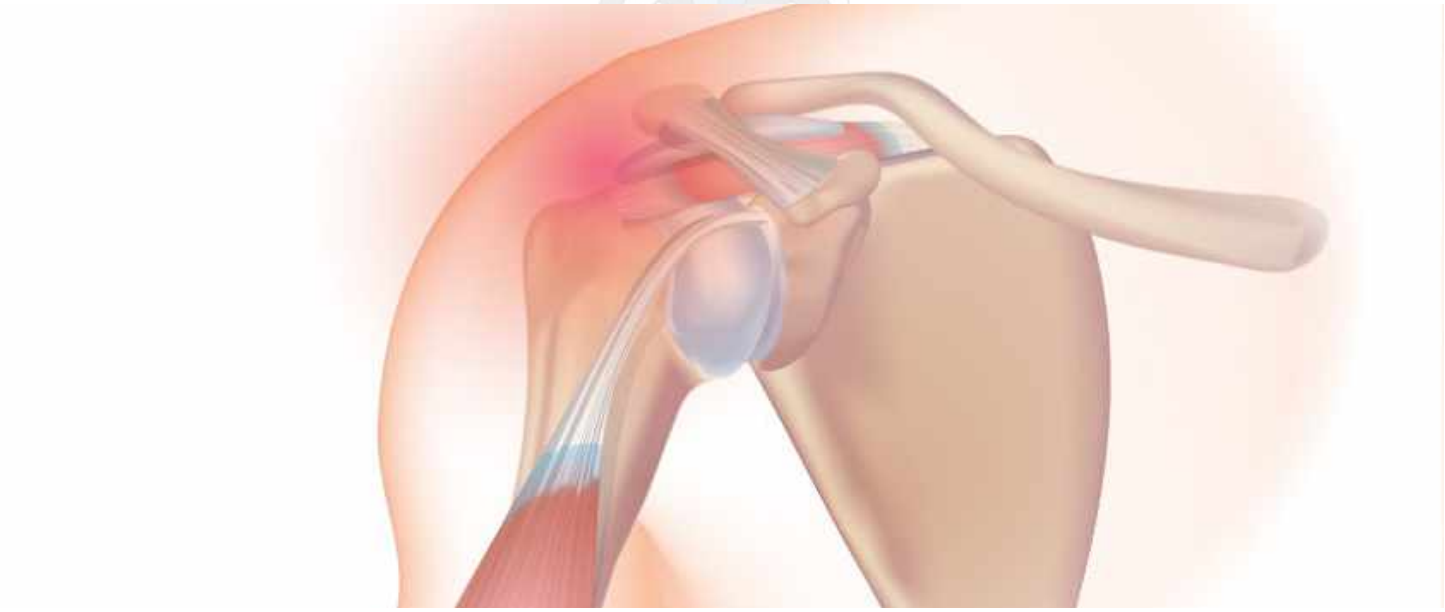
ROTATOR CUFF TENDINITIS / TENDINOSIS / BURSA INVOLVEMENT



This is essentially a breakdown of the rotator cuff tendons that are deep inside your shoulder. It can caused by repetitive movements, maintaining the shoulder in a position where they are pinched (such as sleeping on your arm), poor shoulder mechanics as well as other general health factors that effect the resiliency of your soft tissues. This is the most common presentation of shoulder pain we manage.

A diagnosis of bursitis may be an accompanying feature rather than the primary driver of the pain. It often co exists with other shoulder pathology such as rotator cuff tendinopathy. More information is available in our Blog : **What is Shoulder Bursitis**

REFERRED PAIN FROM YOUR NECK

Many patients come to our physiotherapy clinics with “shoulder pain” that after a comprehensive assessment turns out to be pain referred from their neck. Because the neck and the shoulder are intimately connected by multiple nerve pathways when an injury or insult occurs in the neck, it can often be felt in the shoulder and arm, behind the shoulder or in the shoulder blade. This is known as referred pain.

It is essential to be working with an experienced physiotherapist who can recognize and understands this link and who can then apply the correct treatment.

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Each of the causes above should be understood and are treated differently for best results. Diagnosis is made with a thorough history and clinical exam. An accurate diagnosis for the reason your shoulder pain persists is important for successful recovery. An Experienced Health professional is needed to provide this.

You can also help by thinking about what positions or activities always make your symptoms worse, and which ones seem to consistently provide relief.

PHYSIOTHERAPY TREATMENT

Physiotherapy is an important part of conservative care for shoulder pain and should be tailored to the specific cause of your symptoms. In conjunction with manual therapy and pain relieving techniques it will include some form of physical exercises to be done regularly. Appropriate and timely Strengthening and stretching is a vitally important part of shoulder pain rehabilitation.

Advice and education on how to remain as active as possible without worsening your condition and help with aggravating and easing activities is also an integral part of your management plan.

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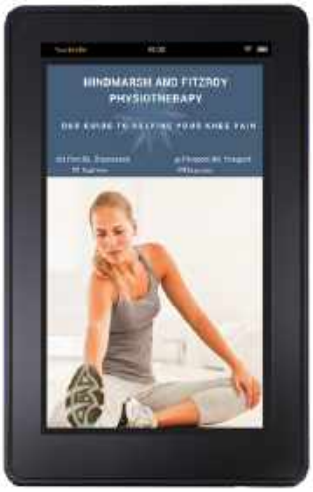
PROGNOSIS

Our Caring and experienced Physiotherapists have the skills to correctly assess your problem and provide safe and effective treatment. Its is very tempting to think that its nothing and it will go away on its own, but early treatment can be the key to a quicker resolution if youre suffering with persistent shoulder pain. Dont keep waking with pain.

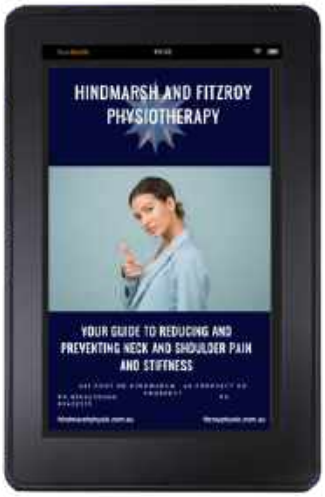
If you are in the Adelaide area, you can book an assessment with one of our experienced physiotherapists in Hindmarsh and Prospect by calling our Physiotherapy clinics on 83462000 and 83422233. Let us help you to move better and feel better.

As Physios, we provide extensive education as part of our management and prevention programs, but realize not everyone can find the time or have the confidence to make an appointment. You are welcome to download these informative E-books that you may find useful to get you on your way.

MANAGING BACK PAIN



MANAGING KNEE PAIN



MANAGING NECK PAIN

To access our free patient E-book Resource just click the images above

You can call us on 83462000 at Hindmarsh and 83422233 for Fitzroy, Prospect or CONTACT US ONLINE HERE if you would like an appointment

We are passionate about providing our patients and community with information on prevention and management of many conditions. This PDF is not intended as a substitute for medical advice or treatment and should not be interpreted as such. Always seek advice from a qualified medical professional and use of this information is at your own risk