

## **Shoulder Series Part I Handout**

### **Shoulder Preservation and Strategies to Reduce Shoulder Pain**

*If you are currently experiencing shoulder pain, please reach out to your physician and therapy team. They can identify and customize a plan to your specific needs and prevent further injury. The sooner you address shoulder pain—the easier it will be to resolve!*

#### **How to Reduce Shoulder Pain?**

1. *Minimize use*
  - a. Evaluate daily routine
    - i. Reduce the amount of times I reach for every day items
    - ii. Reduce the number of transfers completed per day
    - iii. Rearrange my home set up to eliminate overhead lifting
    - iv. Swap heavy items out for lighter alternatives?
  - b. Discuss with your occupational therapist on how you can made modifications to your daily routine and home set up
2. *Modify positioning during activity*
  - a. At rest
    - i. Maintain shoulders in “open” position with shoulder blades tucked down and back and arms by your side
    - ii. Use pillows in bed, especially when lying on your side
  - b. During activity
    - i. Evaluate with your therapy team to customize for your safety
      1. Areas to address with your PT/OT teams
        - a. Position during transfers, wheelchair skills, pressure relief, wheelchair set up
3. *Alternative pain management strategies*
  - a. Guided meditation
    - i. Insight timer—Free app available for Apple and Android
      1. Use key words such as:
        - a. Stress and relaxation, body scan, pain management
4. *Stretching and strengthening*
  - a. Refer to Part II video or handout to improve strength in muscles that provide stability to shoulder joint