

Immediate treatment of inflammation using PRICE;

The treatment should be used directly after the injury has been sustained and carried out for 3-5 days.

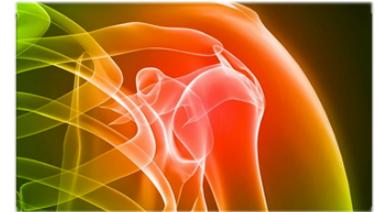
Tissue injury involves damage to small blood vessels, which in turn results in bleeding at the site of injury. There are 5 main signs of inflammation that can be recognized; Heat, redness, swelling, pain and loss of function. Inflammation is a necessary bodily response for the healing process of the damaged area. However we can use PRICE as the body tends to over react to injury, to minimize the symptoms and reduce discomfort.

- **P - PROTECT** - protecting the injured tissue from further damage, whilst allowing swelling to accumulate.
- **R - REST** - reducing the energy requirements of the area as well as avoiding any excess blood traveling to the area.
- **I - ICE** - which causes vasoconstriction, allowing the blood vessels to reduce blood flow to the area. Crushed ice in a damp towel works best, and should be put on immediately after injury for 20 minutes, then every 3-4 hours at 5 - 10 minutes duration.
- **C - COMPRESSION** - Simple bandages will do, whilst making sure the bandages are not too tight.
- **E - ELEVATION** - The injured area should be placed higher than the heart level, in turn helping to reduce blood pressure, limit bleeding as well as encouraging removal of fluid through the lymphatic system.



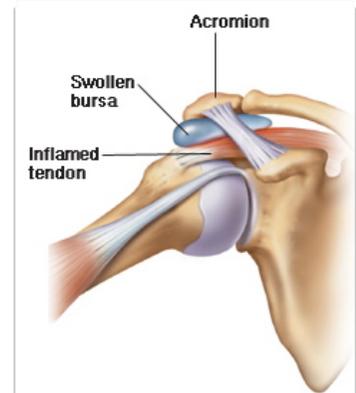
Tel: 0845 689 1966 Email: info@teamsportsmed.co.uk

Shoulder impingement injury



About the injury;

Shoulder pain is common, where the pain can often come from either close to the joint. Or in fact it can radiate down the arm. A common cause of such an injury is a pinching of the soft tissue structures under the tip of the shoulder, which in turn can cause inflammation of the area. This is classified as impingement - as the shoulder loads weight or changes position, the structures are pinched and the pain increases. The leaflet outlines a number of treatments as well as giving you an understanding of the condition.



Warm up and warm downs;

When carrying an injury it is especially important to make sure there is sufficient blood flow to the area in question as well as warming the muscles. This must be carried out before any stretches, and is usually done so by having a light jog for up to 5 minutes. Upon finishing an activity a warm down must also be carried out, which allows for the removal of lactic acid as well as a gradual decrease to heart rate and blood pressure. This should be carried out with a light jog decreasing to walking pace.

About your condition;

There are a number of ways that the condition can come about, some examples include it resulting from another injury, as well as forming from the way you hold your upper body and arms. As a result it is important that the whole upper body is addressed, not just the local area where the pain is coming from.

Certain muscles may be under an increased amount of pressure which in turn releases pressure off other muscles, causing an alteration to the movement of the joint. Seemingly minor effects can cause a butterfly effect within the shoulder, effecting a large amount of soft tissues throughout the shoulder. This will obviously have serious repercussions throughout the shoulder joint. Rehabilitation of your shoulders movements is vital to re-establish coordination between the muscles.

Aims of treatment;

- Reduce pain
- Improve the way the muscles in your shoulder work.
- Improve coordination throughout the upper body

This will enable you to;

- Make a swift recovery to activity
- Reduce the likely hood of the injury repeating its self.

Your treatment may include the following;

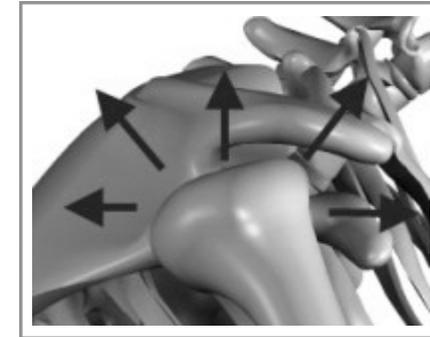
- Pain relief - Electrotherapy and acupuncture may be used, as well as the use of heat and ice at home.

- Tape - Specific tape may be applied to improve posture of the shoulder and to encourage an ideal movement pattern.
- Treatment of the spine - The neck/back may need to be mobilise to relieve pain.
- Treatment of the soft tissues - Soft tissue therapy may be used to relieve tightness or pain.
- Exercises - These can have a dual function to release tight muscles and to improve muscular function
- Corticosteroid injections - Your doctor/therapist can prescribe corticosteroid to reduce pain and inflammation.

Stretching and Strengthening Exercises

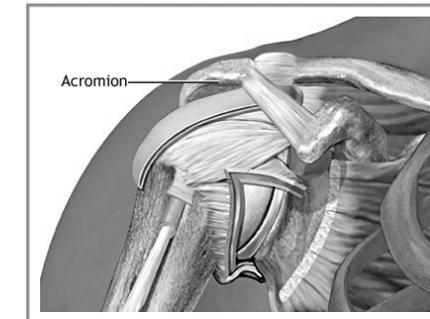
1. Shoulder blade control

Learn forwards onto a wall so that your taking some of your weight through your elbows and forearms. Keeping the trunk still move the shoulders down away from your ears and chest away from the wall - slide the arms up and down. Repeat 10 times, with three repeats a day.



2. Thoracic spine mobility

Roll up a towel and lie on it so that it runs down the centre of your spine. Have your head supported by a pillow and have your legs bent up with your feet on the floor. Lie there for 10 minutes each day, allowing your spine to stretch out.



3. Shoulder control

Lie on your back with your knees bent and your head on a pillow. Take your arm 90 degrees away from your side - resting it on a rolled towel. Feeling the movement at the front of the shoulder with the other hand. Then rotate the arm back and forth, learning to stop the shoulder moving off the floor. Perform this for 2-3 minutes, 3 times per day.

