

# SHOULDER PAIN



## SHOULDER EXERCISE

Maintaining good posture throughout the day particularly in the spine and shoulders is important to prevent worsening symptoms. When sitting or standing, try to maintain a tall spine with shoulders back. Try to perform all range of movements in the shoulder. Examples of exercises you can do early on include:

1. Leaning over with the non-affected arm resting on a stable surface. Let the affected arm swing forwards, backwards and in circular motions.
2. Facing a wall/door, place the affected arm on the wall/door walking or sliding the fingers upwards (working to the point of discomfort).
3. Standing in a doorway, place the outer side of the hand (thumb facing the ceiling) against the door frame keeping the elbow bent and supported by the waist. Push outwards against the doorframe for 5 seconds then relax. Repeat 5 times, up to 3 times/day.

## WORK

Evidence recommends that remaining in work following an episode of shoulder pain is beneficial for most people. Depending on the type of role, temporary adjustments may be necessary to enable you to return to your full upstanding role sooner. If the type of work involves repetitive overhead working, a temporary period of rest from these positions would be beneficial. Also avoiding heavy lifting, especially with an extended reach. The longer you are absent from work, the greater the risk of developing longer term symptoms and the less likely you are to return to work.

## WARNING SIGNS

- Constant pain which is worse at night
- Tingling, numbness and weakness or a sudden inability to raise the arm
- Any shoulder mass or swelling
- Red skin and or fever
- Trauma leading to an abnormal shape and inability to rotate the arm
- Symptoms of inflammation in several joints
- High temperature
- Unexplained weight loss
- Recurrent dislocation or instability
- Severe post traumatic pain

If you have any of the above, consult your GP immediately or go to A&E.

## WHEN TO SEEK OCCUPATIONAL HEALTH PHYSIOTHERAPY?

- The symptoms continue to persist despite engaging in the above advice and recommendations
- The symptoms are affecting your ability to undertake your normal role/duties at work.
- Are absent from work as a result of your foot/ankle pain

### Useful Links:

<https://cks.nice.org.uk/shoulder-pain>

<https://www.versusarthritis.org/about-arthritis/conditions/shoulder-pain/>

### For DSE users:

Have you set up your workstation correctly?

Please complete the DSE user questionnaire on the JLR way or via success factors.

### Employee Assistance Programme (EAP):

Confidential 24hr helpline offering advice, information and counselling on issues relating to money, personal life, relationships, work, legal issues, family crisis or illness.



## GENERAL INFORMATION

The prevalence of shoulder complaints in the UK is around 14%, with 1–2% of adults consulting their general practitioner annually. Shoulder pain can be due to several causes, such as rotator cuff disorders, glenohumeral disorders (e.g. frozen shoulder or Osteoarthritis), acromioclavicular disease or referred pain from the neck. Several factors can influence how we experience pain such as our mood, emotions, thoughts and reactions to pain. Most shoulder complaints usually resolve independent of treatment. However, with the following guidance, pain and function can improve and recovery time reduced.

## HOW TO MANAGE YOUR SHOULDER PAIN

**Continuing or resuming your normal regime and keeping active is essential in managing neck pain. Other simple strategies to help recovery are:**

- A short period of rest from activities which are known to be exacerbating the symptoms at home, work or sport is beneficial.
- Taking regular pain-relieving medication may be beneficial especially a combination of Paracetamol and Ibuprofen. Anti-inflammatories should only be taken if tolerated and with no previous adverse effects or pre-existing conditions which may prevent you from taking it.
- Ice packs for the first 24-48 hours can be useful. Thereafter, heat packs or hot water bottles applied to the painful area

## EXERCISE

In the absence of any serious condition, restarting normal activities and returning to work early in the case of shoulder pain, can help reduce the chance of restricted function in the long-term. Exercise can not only help with pain, but also is associated with the release of certain hormones, helping to improve mood and our perception of pain. Participate in an activity which normally gives you pleasure and steadily increase the frequency and intensity (graded exposure). Each day increase a little. It is normal to experience an initial rise in pain as you try to increase physical activities around the house, with exercise or returning to normal duties at work.

