

7 TIPS TO AVOID SHOULDER INJURIES & SHOULDER PAIN



Suffering Should Pain?

The shoulder is a ball and socket joint which relies a great deal on surrounding soft-tissue structures such as tendons, ligaments and muscles to maintain smooth motion and stability. There are ways to avoid shoulder injuries and shoulder pain. Here's how:



Tennis serve causing you trouble?



Unable to lie on one side due to your shoulder?

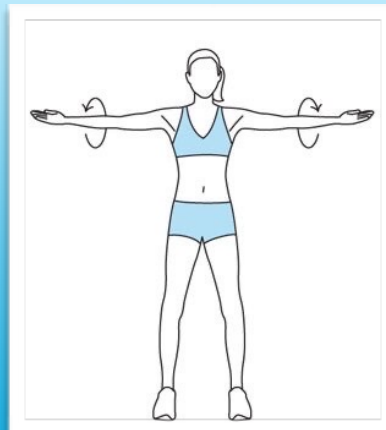


Struggling to lift up your kids due to shoulder pain?

1

WARM-UP

Before practicing your tennis serve or baseball pitch, warm-up your body with mild exercises. For example, start walking for a few minutes and gradually build up to a jog. Doing so raises your heart rate and body temperature and activates the synovial fluid in your joints. In other words, a mild warm up gets your body ready for the intense workout that follows.



STRETCH

Shoulder stretches can help relieve muscle tension, pain and tightness in the neck and shoulders.



2

3

INCREASE YOUR SHOULDER STRENGTH

Strengthening your shoulder muscles can help provide support and stabilisation to your shoulder joint. This, in turn, may prevent painful injuries like a shoulder dislocation, which is when the ball of your shoulder comes out of its socket.



4

THE P.R.I.C.E. PROTOCOL PRINCIPLES

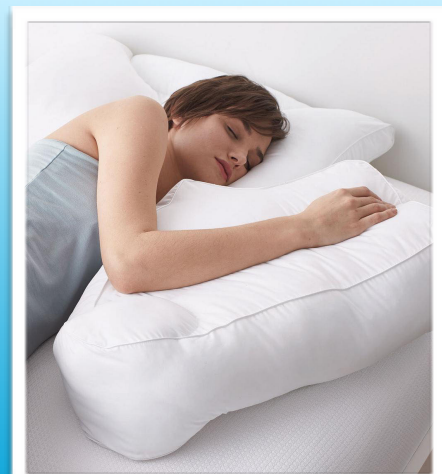
For many sports and exercise injuries, ice can be secured over the affected area with an elastic bandage and the limb can then be elevated, achieving simultaneous REST, ICE, COMPRESSION and ELEVATION → the optimum home treatment.



5

CHANGE YOUR SLEEPING POSITION

If you notice pain in your right shoulder, don't sleep on your right side. Try sleeping on your left side or back instead. If sleeping on your back irritates your shoulder, try propping your arm up with a pillow.





MAINTAIN GOOD POSTURE

Be conscious of your body position while working at your computer, and aim to have good posture if you are sitting, try to remember this steps:

- Place your feet flat on the floor.

- Push your hips toward the back of your chair.

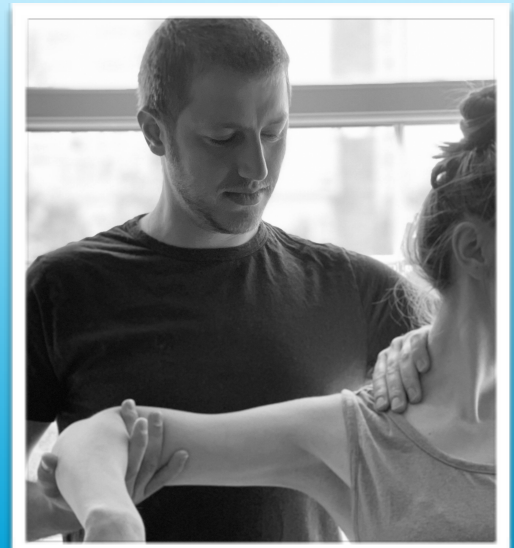
- Keep your elbows close toward your body, and your forearms, wrists and hands in straight out in front of you.

- Relax your shoulders, but don't round them.

VISIT A PHYSIOTHERAPIST

We realise that shoulder pain keeps you from doing what you enjoy. As Physiotherapists we've seen a range of physical problems caused by illness, injury, disability or ageing, dealt with post op rehab and approached sporting shoulder.

At A.L.O. Physiotherapy Clinic, we'll work with you to assess your injury and then get to work on fixing you up, so you can return to what you love. To book a complimentary consultation head here: <https://alo-physiotherapy.co.uk/complimentary-consultation/>



**“Exercise not only changes your body,
it changes your mind, your attitude
and your mood.”**
