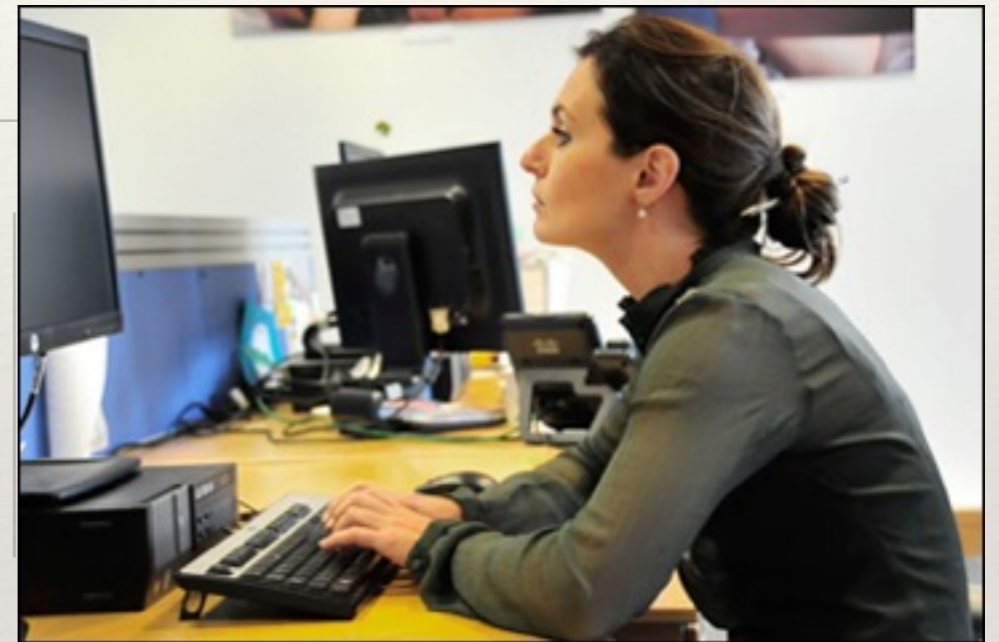


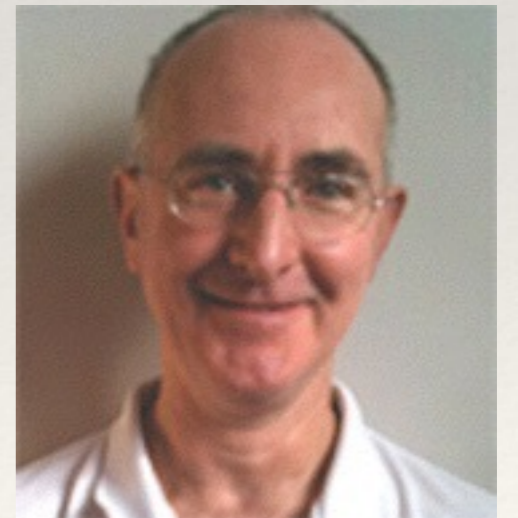
Andrew Scott MRSS MCSP

Postural Shoulder Pain



Andrew Scott

- ❖ 25 years shiatsu experience
- ❖ 15 years shiatsu teacher with British School of Shiatsu-Do and in my own school in Liverpool
- ❖ Chartered Physiotherapist since 2010
- ❖ Also trained in acupuncture.
- ❖ www.shiatsu-liverpool.co.uk



This workshop will cover:

- ❖ Causes of Postural Shoulder Pain
- ❖ Anatomy of posture & shoulder girdle
- ❖ Diagnosis - questions to ask, simple tests
- ❖ Treatment

- ❖ **Please join in and ask questions!**



An everyday problem of headaches, neck, shoulder and upper back pain.

Millions of potential clients!

Causes

- ❖ **Work related** and linked to **fixed positions** and **poor postures**
- ❖ Especially associated with **desk jobs**, computers and **'couch surfing'** using a tablet or laptop or smart phone. **Also driving.**
- ❖ Especially associated with **slump sitting**
- ❖ **Linked to modern lifestyle - sedentary, inactive & often stressful**



**A whole body problem:
Not just shoulders**

Note the **'head forward posture'**

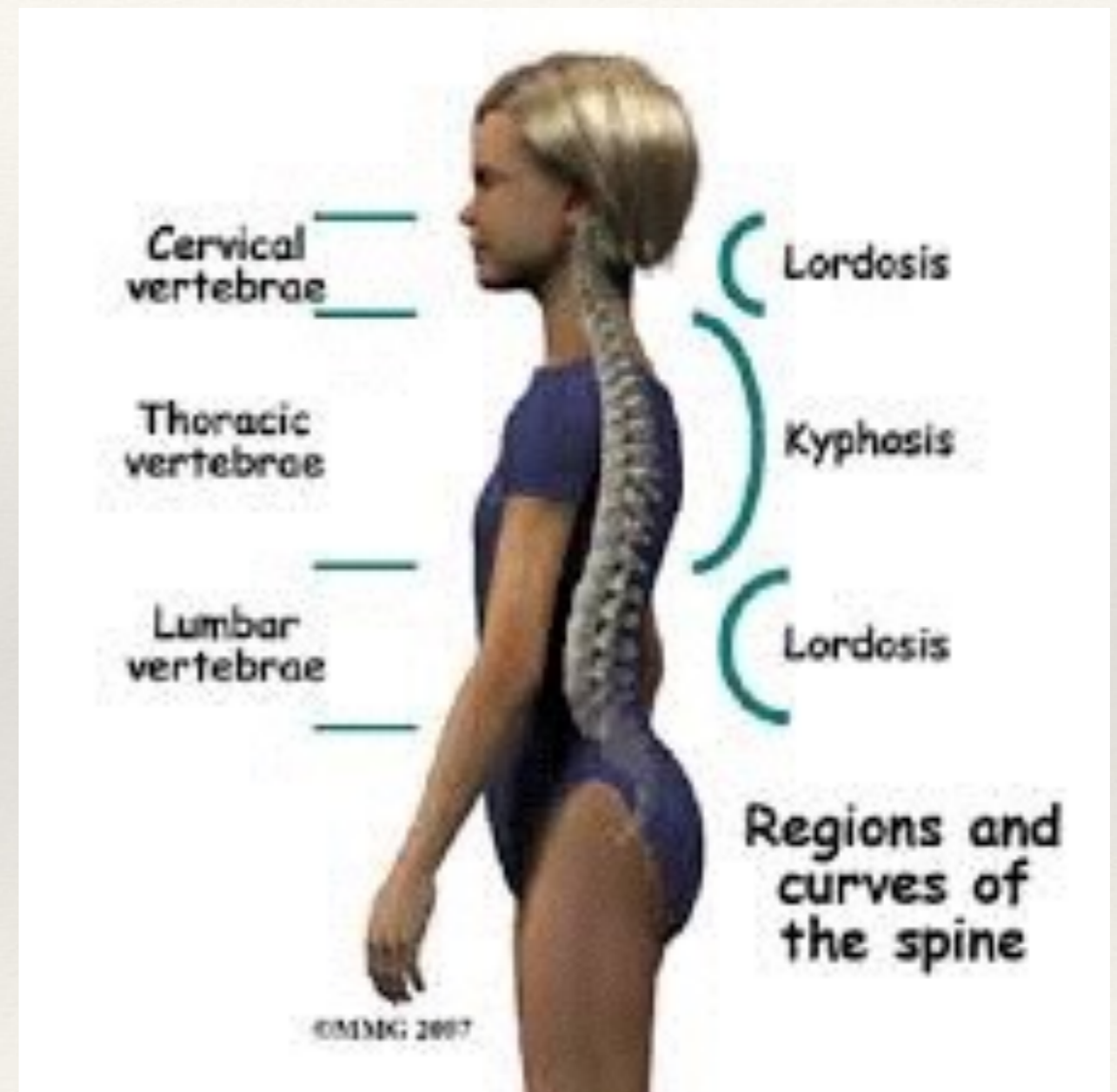
Lower back affected because of
slump sitting.

Diaphragm and breathing are
also involved.



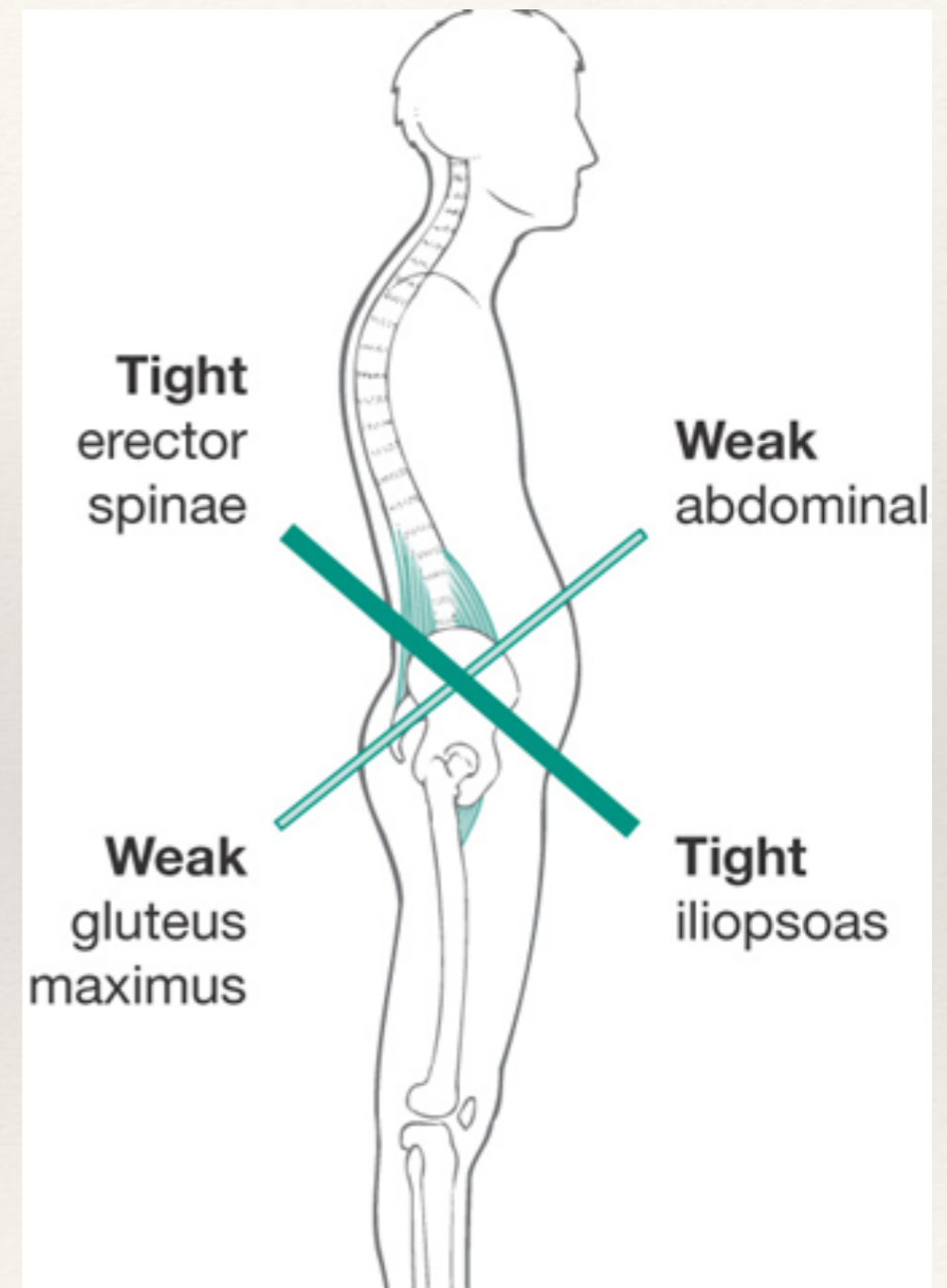
Anatomy - Normal, healthy posture

- ❖ Head balanced on shoulders
- ❖ S curve spine takes load
- ❖ Small postural muscles do work
- ❖ Larger load muscles can relax
- ❖ Maximum efficiency



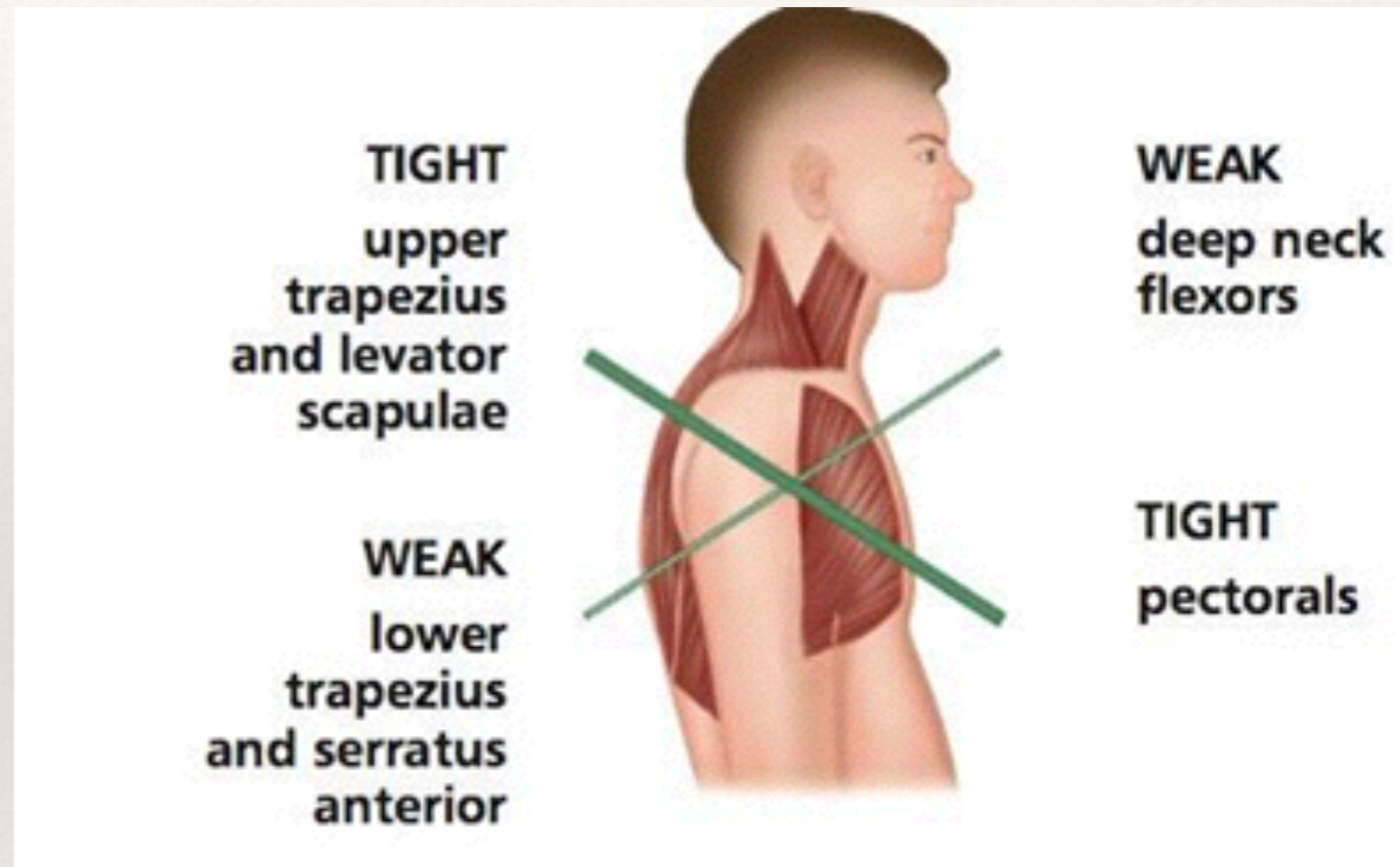
Lower crossed pattern

- ❖ Slump sitting is associated with a **'lower crossed pattern'**
- ❖ There is a characteristic pattern of **muscle tension (see pic)**
- ❖ And **posterior pelvic tilt**
- ❖ Note changes in spinal curvature and **reduced lumbar lordosis**
- ❖ S curve of spine becomes a **C curve**



Upper crossed pattern

- ❖ **Head forward posture** associated with 'upper crossed pattern' of muscle tension
- ❖ **Neck** is compressed and **shoulders are rounded**
- ❖ **Pectoral muscles** become tight and short
- ❖ Pain shows in back and top of shoulders (**upper trapezius**)



Understanding Shoulders 1

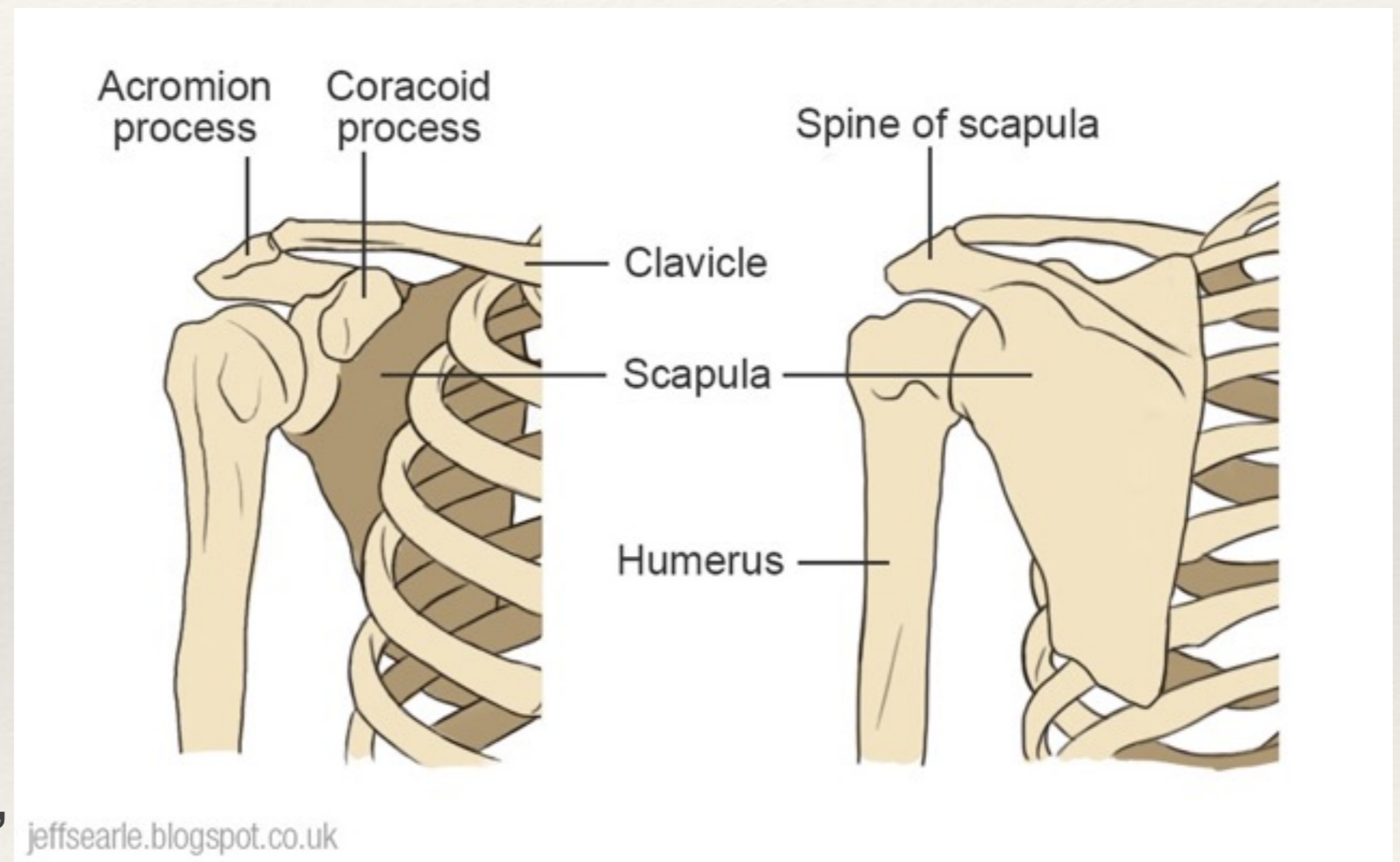
❖ There are **three joints & 1 articulation** in each shoulder.

❖ **3 Joints** are:

Glenohumeral
Acromioclavicular
Sternoclavicular

❖ **Sternoclavicular joint** is the shoulder's only bony attachment to the body - all other attachments are **muscular**.

❖ **1 articulation:**
Scapulothoracic 'joint'



Understanding Shoulders 2

- ❖ **Clavicular joints** at shoulder and sternum have limited ranges of movement and enable *positioning of shoulder joint*.
- ❖ **Glenohumeral (shoulder) joint** is a ball and socket joint with a very large range of movement, *enabling freedom to use and position the hands*.
- ❖ **Scapulothoracic articulation** - movement of the scapula over rib cage - is involved in almost *all reaching movements* of the hands.

Diagnosis - Key Questions

- ❖ **How did this happen?** - sudden trauma? Gradual onset?
- ❖ **Occupation & hobbies?** - recent changes? Active?
- ❖ **Computer / tablet user?** At a desk or on couch?
- ❖ **Has this happened before?** and treatment?
- ❖ **Where is pain?** What makes it better or worse?

Diagnosis - Key Observations

- ❖ **LOOK, TOUCH, MOVE**
- ❖ **Posture** - head forward, S or C spinal curves, pelvic rotation, slump sitting, shoulders rounded?
- ❖ **Palpation** - tight shoulders (upper trapezius), tight pectorals (in supine) with shoulders lifted? Tight thoracic spinals (in prone)?
- ❖ **Movement** - Arms above head reduced (tight pectorals)?
- ❖ **Neck tests**

Shoulder or neck problem?

- ❖ **All shoulder problems are neck problems** until you have 'cleared' the neck.
- ❖ **Bilateral problem (left & right)?** = neck problem.
- ❖ **Pain below elbows into hands?** = neck problem (Most shoulder related problems are above elbows)
- ❖ **Numbness, tingling, pins & needles?** = neck problem
- ❖ Check by '**clearing the neck**'

'Clearing' the neck 1

- ❖ Pain in right shoulder?
- ❖ Provocative test involving **neck compression and side bending *towards* pain.**
- ❖ If pain *increases*, test is positive i.e. **it is a neck problem.**
- ❖ Can also be done as a **self test** - including bending *away* from pain to see if this reduces pain.



'Clearing' the neck 2

- ❖ **Distraction test** - opposite of Spurlings test
- ❖ **If lifting the head to decompress the nerves in the neck *reduces* pain, the test is positive i.e. it is a neck problem**
- ❖ **Can also be done in sitting position**



Treatment Principles

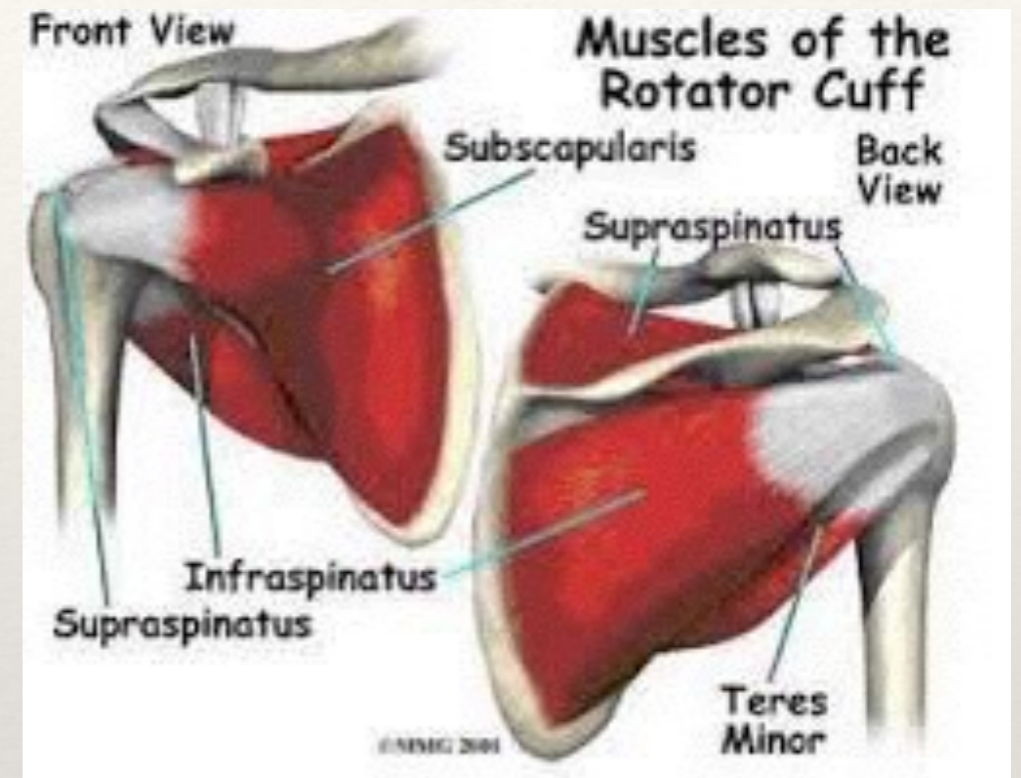
- ❖ **Information** & education re *postural awareness* (this is a chronic lifelong problem, starting in teens!)
- ❖ **Start from bottom** - *correct pelvic tilt*
- ❖ Encourage **active sitting** to *strengthen postural muscles*
- ❖ Sternal lift & **pec stretches** to *open chest* & shoulders
- ❖ **Hands on work** to support & enable all these, to give '*feel*' of what correct posture & relaxed shoulders could be like.

Treatment - Hands on 1

- ❖ **Hands on work** is to support & enable, to give '*feel*' of what correct posture & relaxed shoulders could be like.
- ❖ **Occipital release**, neck traction in supine
- ❖ **Upper trapezius work** in sitting or prone
- ❖ **Pectoralis minor** release (muscle energy technique)
- ❖ What are your **favourite points** for shoulder pain?
- ❖ What **exercises** would you suggest?

Treatment - Hands on 2

- ❖ **Rotator cuff trigger points:**
 - supraspinatus above scapula spine SI 12, 13, 14
 - infraspinatus along the lateral scapula border



Points

- ❖ **LI** 4, 15, 16;
- ❖ **SI** 3, 9, 10, 11, 12, 13, 14;
- ❖ **TH** 4, 5, 15;
- ❖ **GB** 12, 20, 21;
- ❖ **GV** 16;
- ❖ **BL** 10, 11, 12, 13, 14;
- ❖ **LU** 1

Treatment Exercises

- ❖ **Doorway pec stretch** for pectoralis minor
- ❖ **Upper trapezius self stretches**
- ❖ **Shoulder rolls**
- ❖ Anterior / posterior **pelvic tilts**
- ❖ Sternal lift & **chin retraction**
- ❖ Any others?



Treatment - Active sitting

- ❖ An *unstable base* such as a gym ball or wobble cushion **activates the core muscles of trunk**
- ❖ This encourages anterior pelvic tilt and **prevents slump sitting**
- ❖ Even perching on a stool is better than padded office chairs or a couch.



Postural Shoulder Pain - Summary

- ❖ **Information** & education re *postural awareness* (this is a chronic lifelong problem, starting in teens!)
- ❖ **Start from bottom** - *correct pelvic tilt*
- ❖ Encourage **active sitting** to *strengthen postural muscles*
- ❖ Sternal lift & **pec stretches** to *open chest* & shoulders
- ❖ Encourage **active exercises** to strengthen & stretch
- ❖ **Hands on work** to support & enable all these, to give '*feel*' of what correct posture & relaxed shoulders could be like.

Resources

- ❖ **Posture advice** <http://www.nhs.uk/Livewell/Backpain/Pages/back-pain-and-common-posture-mistakes.aspx>
- ❖ **Postural patterns** www.nielasher.com
- ❖ **Shoulder problems** www.shoulderdoc.co.uk
- ❖ Concise Book of Muscles, Chris Jarmey, Lotus Publishing 2003
- ❖ **My website** www.shiatsu-liverpool.co.uk