



Fit For Sisters

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Columnist

Dealing with common shoulder problems

Shoulders are finicky joints. There is a large degree of movement, through all planes of motion. Delicate motor control must be precise when someone shoots a basketball or catches a pass on the football field. The shoulder must be mobile, yet hold strong when lifting objects overhead. There are small muscles and very large ones that act on the joint.

It is a marvel of human biomechanics.

This is why it's important to consider shoulder hygiene to keep all of the above actions in harmony. One misaligned muscle can throw the system into a painful spasm, or eventual injury from compensatory behavior.

The most common ailment, especially among weightlifting or working populations is pain in the front of the shoulder which, when pressed, intensifies. This is likely biceps tendonitis, which is an anatomical way to say inflamed biceps tendon. This often comes about by overuse, and any action where the arm is being lifted in the front of the body, especially under load, is aggravating.

Rest is going to be prescribed, followed by NSAIDs then some rehabilitative movement. Use full range of motion mobility exercises to stimulate but not overload the tendon until the inflammation resides.

Then there is clicking, stiff, or even frozen shoulder caused by shoulder impingement syndrome. This usually arises because much of the musculature of the shoulder is built stronger to internal rotation. This internal rotation bias pulls the external rotator muscles into a protective spasm. Therefore the rotator cuff muscles are being overloaded and injury may result. Once the external rotators tighten, the shoulder joint is hiked into the socket. This is a problem because the supraspinatus muscle, which has to pass under the clavicle, begins to be pinched. Eventually, it

can wear like a rope frays.

To remedy this, stretching the internal rotator muscles will be called for first. These are the chest, the lats, and deltoid muscles. Stand in the corner of a wall, and with arms up in a "touchdown" position stretch the chest. Next working the external rotators will be important to balance out the bias towards internal rotation. From a side lying position, take a small dumbbell and with the elbow pinned to the side, rotate the arm back as if raising the hand. Keep the arm at 90 degrees. Repeat 15 or more times, each side for multiple sets.

The last condition to consider is the glenoid labrum. This often becomes injured with a fall, landing on the shoulder with an outstretched arm or onto an elbow. This jams the upper arm into the socket, damaging the glenoid labrum which is a fibrous capsule covering the shoulder joint. It is also common to see this injury with repetitive throwing motions.

Treatment for this will be rest, and possibly immobilization of the shoulder until painful movement subsides. Usually, a painful shoulder joint creates a protective spasm of tight musculature to protect the unstable shoulder. Mobility and stretching will be important. Stretching the shoulder overhead and externally rotating the shoulder to stretch internal rotators will be important.

The next phase of treatment will be light shoulder stability exercises. Using a light weight or theraband, start with basic external rotations, and standing rows. Once tolerated, begin pressing or "standing punches" with the band or cable machine. Along with these, shoulder front raises may also be tolerated at this time. As strength progresses, standard shoulder strengthening can be employed, with a dosage of therapeutic stability exercises as a compliment.

Shoulder injury is common, and it's a part of the obstacles life throws into the mix. Without proper mobility, stability, and strength, the shoulder will underperform and will be at risk. This is why striking the balance is important. There are some wonderful resources for those reading who may have some shoulder concerns right here in town. Stop by the physical therapist of your choice; often a quick evaluation can be scheduled for a special rate, so ask about these. Regardless of the specific condition, shoulder pains can be managed and corrected with the proper exercise. Don't let shoulder problems derail activity.

SISTERS OUTLAWS EVENTS CALENDAR

A great source for all high school sports & major events in one place!

Collected by The Nugget & seen all month on local refrigerators!

SISTERS OUTLAWS
November 2015 High School Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Free Mouthguards for Sisters Student Athletes	Winter Sports Registration Begins	Empty Bowls: A Benefit for Family Assist Network (FAN) SIS Comm. 6 p.m. Soccer OSA State 1st Round. TBD	Soccer OSA State 1st Round. TBD	Winter Sports Registration 5:30-7:30 p.m. SIS Comm. Winter Sports Mandatory Parent Meeting SIS Comm. 7:30-9:30 p.m.	Volleyball Quarterfinals at Forest Grove High School. TBD	Volleyball Quarterfinals at Forest Grove High School. TBD
HAPPY WOK ASIAN FOOD	Soccer OSA State 1st Round. TBD	Veterans Day No School	Winter Sports Registration 5:30-7:30 p.m. SIS Comm. Winter Sports Mandatory Parent Meeting SIS Comm. 7:30-9:30 p.m.	Soccer OSA State 1st Round. TBD	Soccer OSA State 1st Round. TBD	Soccer OSA State 1st Round. TBD
THE ATHLETIC SUPPORTERS!	First day of Winter Sports Practice	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School
Financial strategies. One-on-one advice.	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School
GET ALL YOUR OUTLAW GEAR HERE YOUR STORE	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School
Van Handel Automotive	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School
GO OUTLAWS!	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School
MY NEIGHBORHOOD CARE	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School
LES SCHWAB	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School
YOUR CARE	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School	Thanksgiving Break No School

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