



## Day Ten:      **Shoulder Girdle / Shoulder Pain - diagnosis and management**

### Content Summary

- Movement analysis and reeducation for reaching activities
- Shoulder anatomy and evidence as it relates to shoulder pain, radiating pain, and mobility deficits
- Interpret shoulder and arm clinical findings consistent with the ICF-based clinical guidelines
- Manual therapy to address shoulder joint, muscle, and nerve mobility impairments
- Therapeutic exercises for shoulder mobility and upper limb nerve mobility deficits

### Knowledge to Review/Acquire Prior to Class

1. CPG Interactive Learning Module: Shoulder Adhesive Capsulitis
2. CPG-related Procedure Options – Shoulder & Elbow Labs – Handout & Videos 3.1, 3.2, and 3.3
3. PhysioU app – Orthopaedics:
  - Adhesive capsulitis/Shoulder pain with mobility deficits
  - Sub-acromial pain syndrome/Shoulder pain with muscle power deficits
  - Thoracic outlet syndrome/Shoulder pain with radiating pain
4. PhysioU app – Exercise Patterns:
  - Shoulder pain with mobility deficits – Shoulder stretching exercises
  - Shoulder pain and power deficits – Scapular and shoulder strengthening exercises

### Selected References

Kelley MJ, Shaffer MA, Kuhn JE, Michener LA, Seitz AL, Uhl TL, Godges JJ, McClure PW. Shoulder pain and mobility deficits: adhesive capsulitis - clinical practice guidelines linked to the International Classification of Functioning, Disability, and Health from the Orthopaedic Section of the American Physical Therapy Association. *J Orthop Sports Phys Ther.* 2013;43(5): A1-A31.

Godges JJ, Matson-Bell M, Thorpe D. The immediate effects of soft tissue mobilization with proprioceptive neuromuscular facilitation on glenohumeral external rotation and overhead reach. *J Ortho Sports Phys Ther.* 2003;33:713-718.

Johnson A, Godges JJ, Zimmerman G. The effect of anterior versus posterior glide joint mobilization on external rotation range of motion of patients with shoulder adhesive capsulitis. *J Orthop Sports Phys Ther.* 2007;37:88-99.

## Procedure Focus

### Movement Analysis

- Shoulder girdle positional symmetry
- Scapulothoracic and glenohumeral rhythm with overhead reaching

### Examination

- Acromioclavicular Accessory Movement Tests: Anterior/Posterior Glides
- Sternoclavicular Accessory Movement Tests
- Median Nerve Tension/Stretch Test
- Radial Nerve Tension/Stretch Test
- Ulnar Nerve Tension/Stretch Test
- Muscle Length Tests:
  - Pectoralis Minor & Major
  - Latissimus Dorsi & Teres Major
  - Subscapularis
- Glenohumeral External Rotation, Internal Rotation, Flexion, Horizontal Adduction

### Soft Tissue Mobilization / Manual Stretching

- Anterior Chest
- Subscapularis
- Latissimus Dorsi & Teres Major
- Shoulder External Rotators / Posterior Cuff & Lateral Capsule

### Exercise Training

- Shoulder Stretching
- Scapular Strengthening
- Shoulder/Rotator Cuff Strengthening
- Upper Limb Nerve Mobility Training