



Live Webinar  
DENISE SCHWARTZ,  
PT, CIMT, CAFS, CFGS

# Healing Shoulder Pain Naturally



## Who is Denise Schwartz?

- Owner of The Manual Touch Physical Therapy in Wheeling, IL
- Traditional and Non-Traditional PT
- Level I Trauma Hospital for 14 years
- Co-founder, Center IMT Chicago
- Founded The Manual Touch in 2010
- Over 5,000 hours of continuing education
- Holistic approach to physical therapy




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## Common Complaints



- I can't lay on my shoulder
- I can't lift anything
- Difficulty getting dressed, washed, shave, hair
- Opening/closing doors
- Putting hand in back pocket
- I can't put on my bra
- Difficulty reaching overhead
- Reaching behind your back

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## Tips for Mindful Daily Movement

Get my eBook at  
[TheManualTouch.com](http://TheManualTouch.com)

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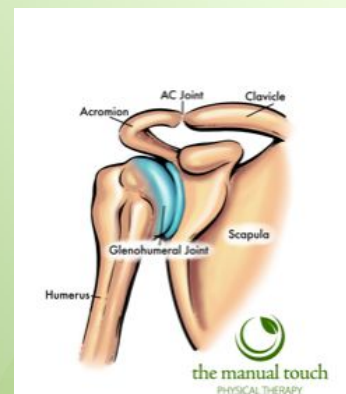
## 3 Common Causes



The most common causes of shoulder pain are:

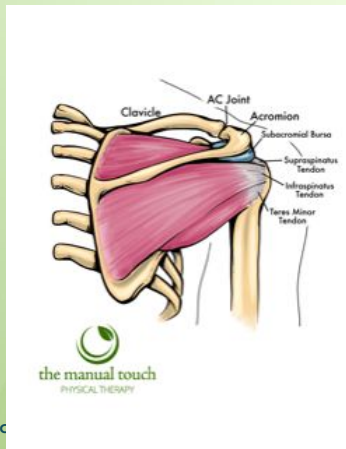
1. Impingement of the **rotator cuff** or **bicep** tendons
2. **Frozen Shoulder**
3. **Arthritis**

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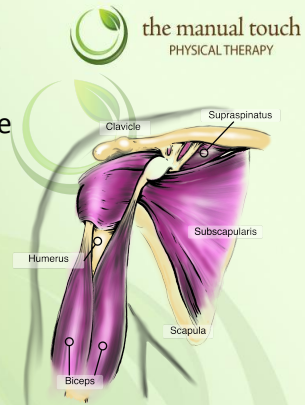
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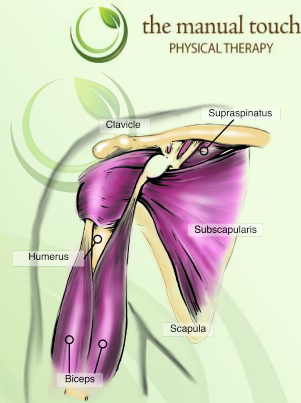
## What is the Rotator Cuff?

- It is a group of 4 muscles that move and stabilize the shoulder.
- The shoulder girdle is made up of the humerus and the scapula.
- It cannot function without the proper control and stability of the scapulothoracic joint.



## Most of the Time...

The most common source of shoulder pain is impingement of the **rotator cuff** or **biceps' tendon** as they travel through a small tunnel in the shoulder joint.



I'm a pediatric physical therapist and I was taking a yoga teacher training. My left shoulder and neck were getting progressively tighter and eventually pain was keeping me up at night. I knew I wanted treatment from a very knowledgeable PT with good manual skills and someone who excelled at evaluating postural and functional issues. Denise is that person and she corrected my biomechanics with exercises and manual therapy. There are only a few PT's that possess skills like Denise. I'm happy to report that I am pain free and sleeping through the night, pain free during yoga.

## Adhesive Capsulitis/Frozen Shoulder

- Capsule thickens with decreased lubrication (synovial fluid) - adhesions
- Usually starts with an injury
- Increased protection without moving shoulder
- Age 40-60
- More women than men
- More likely to get in other shoulder

## Adhesive Capsulitis/Frozen Shoulder

- Freezing stage - very painful
- Plateau - pain at end range of certain movements
- Thawing stage - movement can improve
- Healing can take 2-12 months or more
- TREATMENT: physical therapy

I came in with a frozen shoulder 2 months ago. I had trouble putting coats on and had a very limited range of motion, especially to the back. After the first session, I started feeling better, and now, I don't feel pain any more and the range of motion to the back has improved a lot as well.

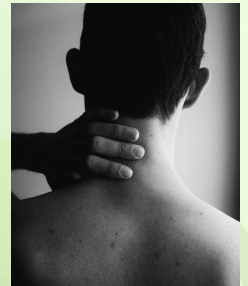
I went to PT at another place for a frozen shoulder and they got me back to 80% mobility by January 2019, when my PT ended. However, I never got back to full mobility and also continued with mild pain. Later that year I attended a talk by Denise on shoulder pain at which she mentioned that such pain could also be caused by injury to the bicep tendon. Her description matched exactly what I was feeling and what I suspected had occurred, even though my previous PT person and the doctor had insisted the only issue was my shoulder. I started PT with Denise in November 2019. Working with her has improved my mobility immensely and my pain is almost completely gone. I can now even wear a stretch fleece pullover shirt I haven't been able to put on or take off since my injury because I can finally remove it easily without any help!

## Arthritis

- Painful with certain movements
- Manage pain
- Maintain and improve mobility
- Improve function

## Other Causes

If you have pain that travels from the shoulder into the arm, forearm or hand, this could also be a problem in your **neck**.



## 10 Tips for Shoulder Pain

- 1. Pulling Open a Door**  
Hold your bent arm close to your body and step back.
- 2. Pushing a Door Open**  
Hold your bent arms close to your body, step forward.
- 3. Putting on a Seatbelt**  
Use your hips to turn your body and bend at the hips to buckle the seat belt.
- 4. Sleeping**  
Sleep with a pillow in front of you to hug with your arm.
- 5. Putting On a Shirt**  
Put the painful arm in the sleeve first.
- 6. Taking Off a Shirt**  
Pull out your pain-free arm first.
- 7. Reaching Across a Table**  
Rest arms on table, hinge at the hips to reach with body and not through your shoulder.
- 8. Talking on the Phone**  
Use a headset to avoid elbow, shoulder and neck pain.
- 9. Daily Movements**  
Avoid all movements that cause pain!
- 10. Physical Therapy**  
See a Physical Therapist for exercises and advice for healing.

<https://www.themanualtouch.com/wp-content/uploads/2019/07/Shoulder-Pain-Tips-Sheet-Digital.pdf>

<https://www.themanualtouch.com/9-tips-to-avoid-shoulder-pain/>

## Will Therapy Help?



- First Determine: Is the pain in your shoulder **REPRODUCIBLE?**
  - If so, then it is likely **REDUCIBLE.**

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## What's the #1 Mistake?



The biggest mistake people make with shoulder pain:

*They Ignore It.*

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## Physical Therapy



1. **Hands-on** therapy
2. **Stretching, Coordination** and **Strengthening** exercises to stabilize the shoulder blade, core and strengthen the rotator cuff.
3. **Postural** activities to promote optimal environment to prevent impingement.

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## Call for a Free 20-25 minute Screen



- Phone call or telehealth
- Discuss your current issues
- Recommendations

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# Thank You!

Email: [Denise@TheManualTouch.com](mailto:Denise@TheManualTouch.com)  
Call: 847-541-7600  
Visit: [www.TheManualTouch.com](http://www.TheManualTouch.com)



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