


Welcome to our virtual

# Healing Shoulder Pain Naturally Presentation



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Movement. Function. Life.



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## Who is Denise Schwartz?



- Owner of The Manual Touch Physical Therapy in Wheeling, IL
- Traditional and Non-Traditional PT
- Level 1 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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## Specialties

- RRCA certified running coach
- Certified Integrative Manual Therapy
- Certified Applied Functional Science
- OOV



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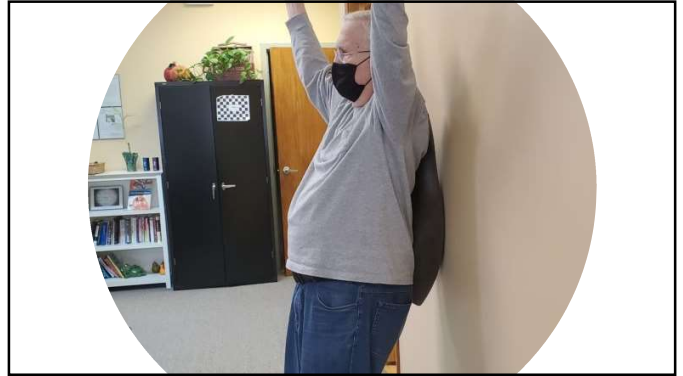
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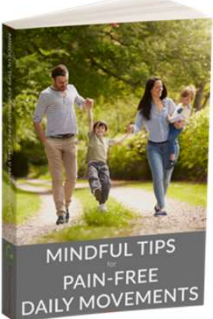
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### Common Complaints

- I can't lay on my shoulder, painful sleep
- 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
- I can't do my favorite activity i.e. tennis, golf, throw a ball




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**Tips for Mindful Daily Movement**


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



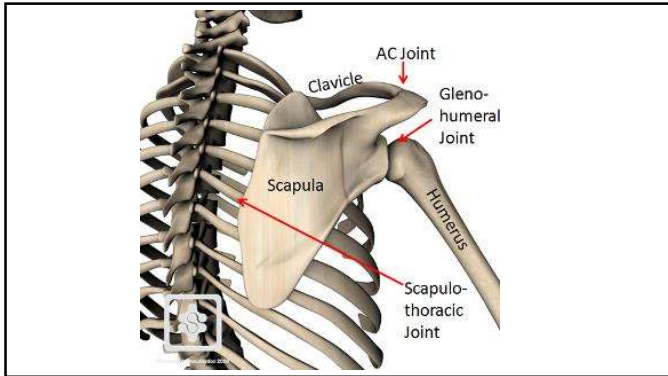
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### Most common causes of Shoulder Pain

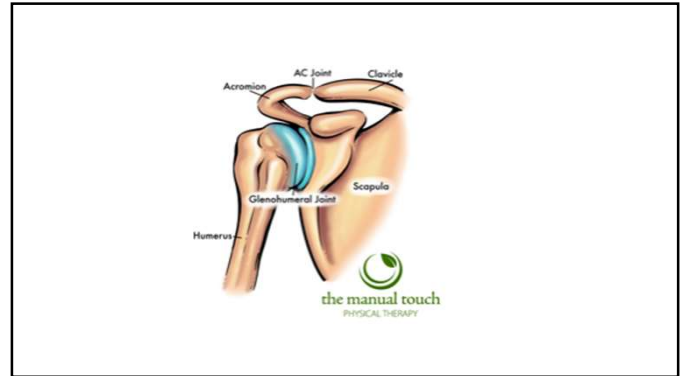
- Tendonitis** caused by impingement of rotator cuff or biceps tendon
- Adhesive Capsulitis/Frozen Shoulder**
- Arthritis** - degenerative joint disease



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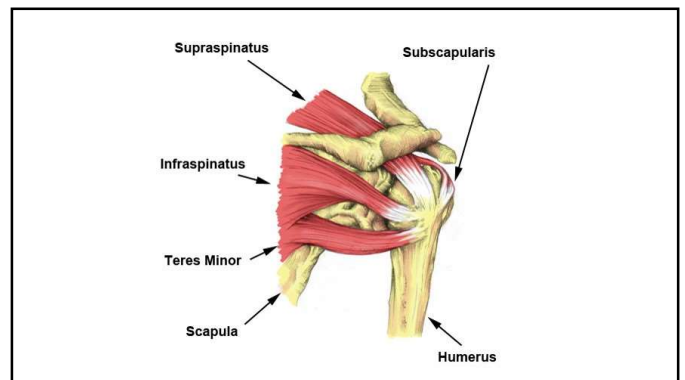
### What is the Rotator Cuff?

It is a group of 4 muscles that move and stabilize the shoulder

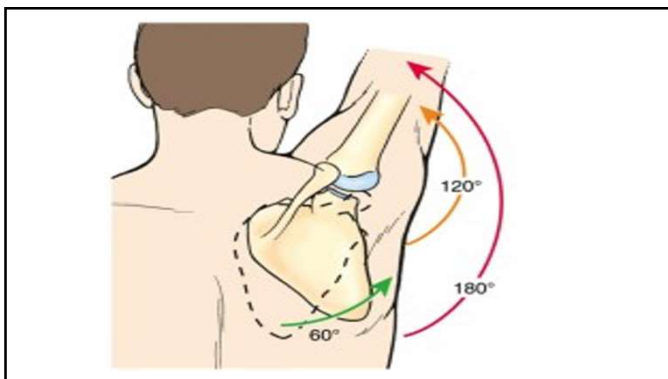
Supraspinatus    Infraspinatus    Teres minor    Subscapularis

It cannot function without the proper control and stability of the scapulothoracic joint.

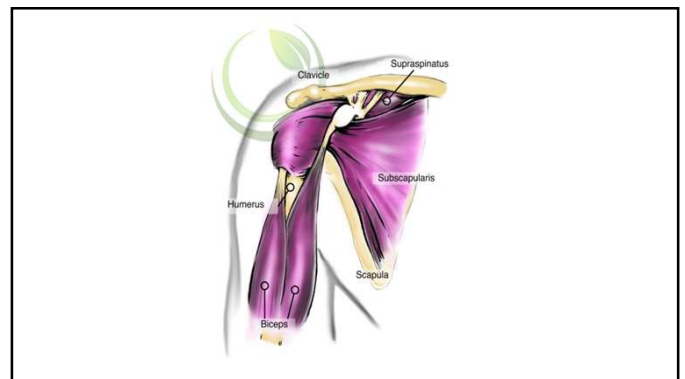
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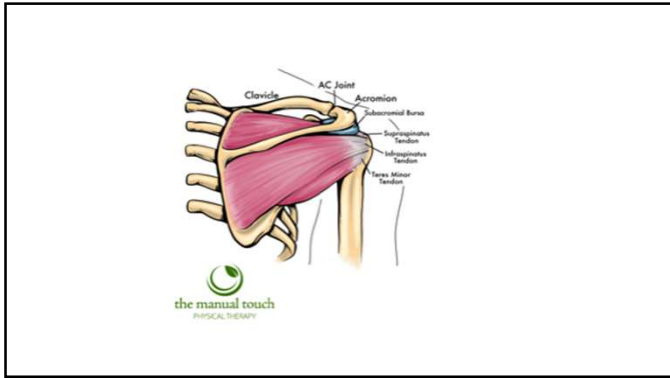
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I'm a pediatric physical therapist and I was taking a yoga teacher training. My left shoulder and neck were getting progressively tighter and eventually pain was keeping me up at night. I knew I wanted treatment from a very knowledgeable PT with good 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.

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### Rotator Cuff Tendonitis

- Pain at specific point while moving arm overhead
- Hurts to lay on side
- Weakness: shoulder and core
- Difficulty raising arm overhead
- Decreased scapulothoracic stability

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### Biceps Tendonitis

- Pain putting hand in back pocket
- Pain pulling up your pants
- Pain pulling up blanket in bed
- Leaning on your hand hurts shoulder
- Point tenderness on the biceps tendon

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### 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

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### 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



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### Arthritis

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




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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. I am now pain-free and I can reach behind my back without difficulty.



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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!



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### 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**.




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### 10 Tips for Shoulder Pain

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



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Resources

<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/>



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Will Therapy Help?


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



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IMPORTANT

*Diagnosis dictates the exercise program*



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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

Hands-on/Manual therapy

Stability, Coordination, Mobility and Strengthening exercises

Postural activities to promote optimal environment to prevent impingement.



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Call for a Free 20-25 minute Consult

Phone call or telehealth

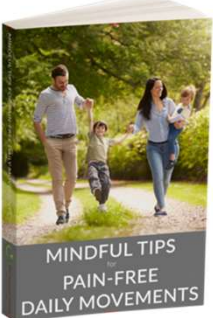
Discuss your current issues

Recommendations

\*\*\*847-541-7600\*\*\*




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MINDFUL TIPS  
for  
PAIN-FREE  
DAILY MOVEMENTS

Tips for Mindful  
Daily Movement


Get my eBook at  
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# Thank You!

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