



www.erasosaphysio.com



www.gwha.ca
www.uoguelph.ca/hpc

Our clinics are conveniently located and offer extended morning and evening appointments to accommodate your busy schedule.

EPA clinics. Give us a call today!

ACTON	519.853.9292
BURLINGTON	905.315.7746
CAMBRIDGE / HESPELER	519.220.1794
ELORA	519.846.9919
GEORGETOWN	905.873.3103
ORANGEVILLE	519.940.8993
GUELPH - BULLFROG MALL	519.767.9950
GUELPH - HEALTH AND PERFORMANCE CENTRE	519.767.5011
GUELPH WOMEN'S HEALTH ASSOCIATES	519.780.0606

Your Path to Improved Health SHOULDER PAIN



Additional services include:

- specialized programs for shoulder, back and knee pain
- post-surgical rehabilitation
- acupuncture
- sports injuries - specialized programs designed for the prevention and treatment of injuries
- massage therapy
- motor vehicle accident injuries
- work-related injuries
- several clinic sites offer women's health programs for breast cancer and osteoporosis
- Fit to Move™ Lifestyle Assessment for the prevention of heart disease, diabetes and stroke
- several sites offer custom brace fitting and other braces and support devices.

Our EPA clinics are conveniently located with today's busy schedules in mind. Our professional, friendly team will welcome you to the clinic and assist you in the following ways:

- billing inquiries and payment options
- health insurance provider information (WSIB, MVA, private health insurance)
- booking convenient appointments
- collecting new patient information
- answering questions and directing any concerns to appropriate personnel

Our caring administrative team will also introduce you to your physiotherapist.



Your Path to Improved Health

Clarify. Collaborate. Treat. Discharge and Review.



1 Clarifying Your Shoulder Pain

Shoulder pain is one of the most common complaints treated at Eramosa Physiotherapy Associates through our **Path to Improved Health**.

Shoulder pain can be as minimal as a quick intermittent pain that is often described as a sharp catch, but can progress to a more constant dull ache down the arm. Commonly shoulder pain can result in aching that disrupts sleeping postures and results in restless sleeps and increased pain at night.

Problems in the shoulder can occur with everyday wear and tear, overuse or an isolated injury.

While there are many causes of shoulder pain, it is important to have an accurate diagnosis so that the appropriate treatment is implemented.

Common medical diagnoses for shoulder pain include: **rotator cuff tendonitis, rotator cuff tear, impingement syndrome, frozen shoulder, shoulder dislocations** and **shoulder separations**.

2 Common Causes of Shoulder Pain

Shoulder pain can be a result of:

- weakness of the rotator cuff and shoulder muscles
- weakness of the shoulder blade muscles
- a stiff shoulder joint
- imbalances between shoulder muscle groups that results in poor arm and shoulder blade movement
- poor posture, such as an increased rounding of the shoulder blades
- trauma, such as a fall, involving the arm

3 Treatment to Improve Your Health

Through our **Path To Improved Health**, we address the causes of shoulder pain using treatments such as:

- hands-on therapy or mobilization
- specific strengthening and postural retraining exercises
- education on avoiding inappropriate and provoking positions
- modalities such as acupuncture, TENS or taping for pain control, and ultrasound to improve the speed of tissue healing time

Most shoulder pain resolves in about 4–6 weeks of treatments. Your commitment is typically 2–3 times a week for 20–30 minutes, in addition to carrying out your home exercise program.

Our home exercise programs utilize the most advanced exercises and are described in detail with pictures for your reference. These independent exercises can be used to both treat and prevent ongoing shoulder complaints.

If your shoulder pain does not improve in a timely manner based on your diagnosis, we will work with your healthcare provider to request further diagnostic tests. While much less frequent, we also strive to provide you with the best pre- and post-surgical treatment through our **Path to Improved Health**. Our goal is to return your shoulder back to full function, whether that means a return to work, a specific sport or activity, and last but not least, a shoulder-pain-free sleep.

4 Discharge Review

To help keep you on the **Path to Improved Health** you will receive a home-based exercise program as a tool for you to prevent your injury from reoccurring.

Your primary healthcare provider will also receive an overview of changes, improvement of pain and overall function.

5 Discharge Peak Review

We want you to remain at the peak of your **Path To Improved Health** and will follow up on your progress after you are discharged from the clinic. You will receive a follow-up letter, and should you have any reoccurrences or would like to have another concern addressed, we invite you to return to the clinic at your convenience.

Our physiotherapy treatment uses the most up-to-date research supporting physiotherapy to empower our clients to understand their treatment, whilst providing a professional environment to remedy their concerns in a realistic timeframe.

