

Orthogo Physical and Aquatic Therapy Newsletter

PHYSICAL THERAPY MAY TREAT SHOULDER PAIN AS WELL AS SURGERY

Shoulder pain is an all too common problem many people face. It can result in the inability to enjoy the things we love to do and even cause us to miss valuable work time. One of the most frequent causes of shoulder pain is impingement syndrome (pinching of the rotator cuff). Often, typical treatment for this problem is shoulder surgery, which means more lost work time and thousands of dollars in medical bills. The good news is that physical therapy offers a valid alternative to surgery, as shown in a study conducted in Denmark.

The study involved 90 patients who were between 18 and 55 years of age and who were referred to the Herning Hospital in Denmark for treatment. The patients were divided into two groups-one group underwent surgery and the other took part in a physical therapy program.

The patients who were in the therapy group attended 19 therapy sessions of approximately 60 minutes each. During these sessions, therapists used pain control measures followed by active methods designed to strengthen the muscles surrounding the shoulder joint. Patients were asked to also perform active exercises at home.

The patients who were in the surgery group were taught how to perform some light arm exercises before they were discharged from the hospital. When they returned to have their stitches removed ten days after the surgery, they were instructed in the performance of more active exercises to strengthen the shoulder.

The researchers followed up with the patients three, six, and 12 months after their initial treatment periods. At these follow-up times patients were asked to complete a questionnaire that allowed them to rate their pain and ability to function properly. Specifically, they were asked to rate the following on a scale of zero to nine, with nine being the worst:

- » How bad the worst pain and discomfort they'd experienced in the past three months was.
- » Their average pain and discomfort over the three-month period.
- » How impaired they were in performing their daily activities at home and work.
- » Pain and discomfort in the last seven days.

The findings were remarkable. Those patients who had undergone a course of physical therapy instead of surgery were just as satisfied with the outcome as those who had surgery.

Physical therapy certainly offers a much less invasive course of treatment than does surgery. It is also likely to be less costly and require less time off work. If you're experiencing shoulder pain, speak with your doctor or physical therapist about how therapy could help you eliminate the pain without surgery.

Coming Soon

People with Arthritis Benefit from Exercise Therapy



Our Services

- One-on-One Care
- Orthopaedic Therapy
- Back/ Neck Injuries
- Total Joint Rehab
- Arthritic Conditions
- Shoulder Conditions
- Hand Rehab
- Aquatic Therapy Pool
- Sports Rehab
- Sport Specific Ex
- Golf Program
- Industrial Rehab
- Work Conditioning
- FCEs
- Job Analysis
- Pre work Screening

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