Shoulder Pain

Excerpt from Delta Physical Therapy PIER Document

PROBLEM: Shoulder Pain

INTERVENTION: Manual Therapy & Exercise
Neuromuscular Re-education Exercise

EVIDENCE: Oxford Evidence Grade= A (level 1a studies)

At 12 weeks, twice as many patients with shoulder dysfunction and pain who received primary medical care (PCM) and manual therapy plus exercise had achieved complete recovery versus those receiving usual medical care only.[3] In addition, it took 1 year for patients who received primary care management only to achieve the same 12 week outcome realized by those who received primary care plus manual therapy and exercise.[3]

REFER:

Patients with shoulder pain of gradual or sudden onset that occurs with lifting, reaching, especially at shoulder level or overhead. Often, examination indicates a component of strain or impairment of the rotator cuff muscles.[3-5] This approach is particularly indicated if patients are experiencing associated neck and thoracic pain, including radiating upper arm pain.[3]

*References noted can be found on the original PIER document.

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