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LOW INTENSITY LASER THERAPY

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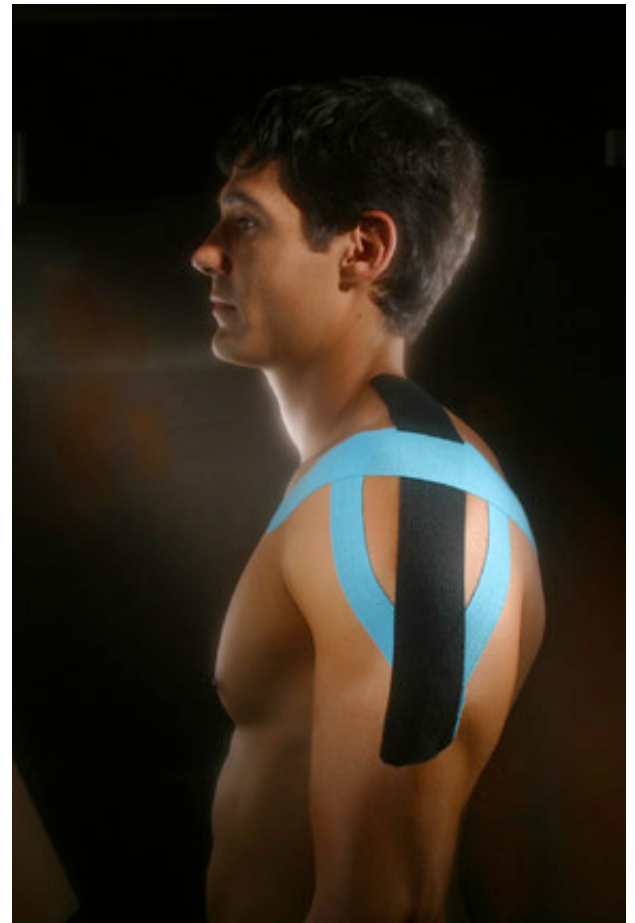
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What's happening to our shoulders? part 3/4

TABLETALK

So far I've have talked about the rotator cuff and shoulder labrum and injuries and/or overuse to this area ([What's happening to our shoulders?](#) and [What's happening to our shoulders? part 2](#)) Stretching, movement and [Neuromuscular Therapy](#) are the primary modalities that a patient needs to address first, under the care of a Massage Therapist or Health Care Provider. Once I have addressed these 3 issues in your healing progress, I can then progress to the next phase, stabilization and strengthening.

One of the easiest and fastest ways of creating stabilization is with [Kinesio tape](#). The success of the Kinesio taping method is dependent upon two factors. One, proper evaluation of the patient's condition to allow for application of Kinesio Tex Tape on the proper tissue. Two, proper application of the Kinesio Taping Technique. When the two are combined, an effective treatment modality is available to the practitioner, and thereby, to the patient. In the case of the shoulder, or for that matter, any applied area, the Kinesio Taping Method assists the in reduction of edema and pain, with an increase in muscle activity to provide increased joint stability. The tape is worn 24 hours of the day until it comes off, usually 3-5 days. The tape can get wet, so showering is still possible. After the tape comes off I reassess and possibly reapply.



I have found that during the course of treatment the “less is better” approach produces the best outcomes. With minimal taping in the right places at the right time, followed with the proper strengthening, recovery is full and sound, and in the least amount of time.

Once I have the Kinesio tape in place, the patient will begin the strengthening program.

Side Lying External Rotation for the Rotator Cuff

View on You Tube at ...

<http://www.youtube.com/watch?v=tpVbUwPKcyc>



Lying dumbbell external rotation is a shoulder strengthening exercise for your posterior deltoids and a rotator cuff strengthening exercise for your teres minor and infraspinatus which is the second most injured rotator cuff muscle.

Start: Lie either on the floor or a weight bench with your upper arm at your side. Your elbow should be around your hip and directly below your shoulder.

Begin the motion: Keep your elbow against your side so your deltoids are as relaxed as possible and slowly externally rotate the dumbbell as far as it goes. Pause for a split second and lower the dumbbell slowly back to the original position and repeat.

Side Lying Internal Rotation for the Rotator Cuff



View on You Tube at ...

http://www.youtube.com/watch?v=cr2JMqPQU_I

Internal rotation rotator cuff exercises are shoulder strengthening exercises for the subscapularis. It is also a shoulder strengthening exercise for your anterior deltoid.

Start: Lie on your side on a weight bench. Position your lower arm slightly in front of your body with a light dumbbell.

Begin the motion: Try to keep your elbow relaxed against the bench and let your arm externally rotate as far as it naturally does below the level of the bench. Slowly internally rotate your arm and raise the dumbbell until your arm is about perpendicular to the floor.

Make sure you lower it very slowly back to the original position and repeat.

In my next post I will show you how to progress to a solid strengthening program for your shoulders. As always ...



In Health,
Peter Roach, RMT, CNMT, Laser Therapist



Tinyurl for this post
<http://tinyurl.com/2d74q6v>



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Thank you,

Bayswater Massage Therapists

What's happening to our shoulders? part 4/4

OK, so here we are, the last section on shoulders. So far I've have talked about the rotator cuff and shoulder labrum and injuries and/or overuse to this area ([What's happening to our shoulders?](#) , [What's happening to our shoulders? part 2](#)) and [What's happening to our shoulders? \(part 3\)](#) Stretching, movement and [Neuromuscular Therapy](#) are the primary modalities that a patient needs to address first, under the care of a Massage Therapist or Health Care Provider. After that [Kinesio Tape](#) and light [strengthening exercises](#). Now we move into the Swiss Ball exercises.

The Swiss Ball is a great and easy piece of equipment to have around the house. It's versatility is immense. I use the Swiss ball in many exercise programs. With the shoulders you will be able to progress from doing these exercises without weights, and progressing to using light weights as you get stronger. In this way you can keep your shoulders health and strong.

Please make sure that before you embark on your strengthening exercise program, you get checked that this is the right stage for you to begin. Beginning too early may lead to damaged rotator cuff once again.

Swiss Ball Y



Lie on a Swiss ball with your back flat and your chest off the ball. Your arms should hang down (thumbs forward). Glide your shoulder blades back and down, and lift your arms till you form a Y. Return to the starting position.

Swiss Ball W

Same starting position as for the Y, but bend your arms and squeeze your elbows in toward your ribs. Rotate your arms toward the ceiling, squeezing your shoulder blades together. Return to the starting position.



Swiss-Ball T



Same starting position as for the Y, but your palms should face forward. Pull your shoulder blades in toward your spine and extend your arms straight to the sides to create a T with your torso. Return to the starting position.

Swiss Ball L

Same starting position as for the Y, except your palms should face behind you. Bend your elbows so that your upper arms create a pair of L's. Rotate your arms so your palms face the floor. Retrace the pattern to the starting position.



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