



## Shouldering the Burden

Every single time we move our arms our shoulder joints move, so it is not surprising that shoulder problems and injuries are extremely common. Minor shoulder problems can develop from daily wear and tear, repetitive strain, poor posture, and the natural aging process. Severe problems are usually a result of a sports injury, a direct blow to the shoulder, a fall or an abnormal twisting of the shoulder. In some cases, repetitive strain injuries left untreated can become more serious over time and may eventually require surgical intervention.

Many things can be done to treat an injured shoulder. Heat applied to the shoulder will relax the muscle and increase blood flow, while applying ice will decrease pain and swelling. Medications, as prescribed by a doctor, can also alleviate the pain and/or inflammation of a shoulder injury. Physiotherapists provide treatment that is specific to an individual shoulder injury with a focus on safe return to function and prevention of further or future injury.

The physiotherapists at Therapacc have expertise in treating shoulder injuries. They work closely with their clients by conducting a thorough assessment, developing an effective treatment program and monitoring progress. They also offer preventative advice and help their clients integrate these changes into their lifestyle. Our physiotherapists make recommendations on how to adapt daily activities and prevent stress that could irritate the shoulder further. Common examples include: wearing button-up clothing instead of pullover clothing; reorganizing frequently used items to avoid overhead reaching; and modification of specific job-related activities which may be preventing recovery.

Of course, some shoulder injuries may be so severe or advanced that surgery is required. If this is the case, our physiotherapists are experienced in offering post-surgical rehabilitation to assist our clients to achieve their optimal function.

## It's All On Your Shoulders

### Correct Posture at the Computer Saves Shoulders

When working at a computer for prolonged periods of time it is important to maintain correct posture and design your workstation to avoid any ergonomic risk that could lead to shoulder injury. The following tips help ensure proper posture when at a computer workstation:

- sit centred in front of the monitor
- adjust the monitor so it is at eye level
- keep upper body straight, with lower back firmly supported by the chair backrest
- let upper arms hang loosely from the shoulder
- keep elbows against your sides and bent at right angles with forearms parallel to the floor
- wrists should be straight, neither bent up/down nor left/right
- wrists should not lean on any surface while typing or mousing

- using a keyboard tray can help ensure proper arm position
- use the phone without having to squeeze the receiver with shoulder while typing
- take short, frequent breaks from computer work

Laptop computers pose more potential risk due to their portable, compact design. When on the go and using your lap to support your computer, the following tips will help to alleviate excessive strain:

- keep chin tucked in instead of bending neck down
- place a cushion under the laptop computer to raise the screen if necessary
- use a light touch when keying and mousing
- arms should rest at sides, with elbows at right angles and wrists straight
- maintain proper posture



Therapacc's services include ergonomic assessments. Contact us for more information on how to alleviate strain and prevent shoulder injuries at your workplace.



### Therapacc's Mission

*To enable each client to achieve the highest level of function, independence and well-being.*

## NEW

## Rehabilitation Assistant Program

Therapacc has expanded its multi-disciplinary team to include community based Rehabilitation Assistants (RA). Located throughout the region, our RAs support the work of therapists, reinforcing and supporting therapy programs. Our RA service is available to Motor Vehicle Accident and private pay clients in-home, retirement residences and long term care facilities. Our RAs have the skills and experience to work with most conditions, including complex, catastrophic and acquired brain injury. Call today for more information.

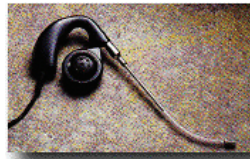
## This Season's Tools

Reduce strain on your shoulders and neck by using a **MONITOR PEDESTAL** to elevate your laptop or computer monitor to the appropriate level.



Consider using a **TELEPHONE HEADSET** to reduce shoulder and neck strain caused by holding the phone between your ear and shoulder.

Both of these tools are available at local office supply or electronics stores.



## did you know?

- THERAPACC IS LOCALLY OWNED AND OPERATED BY EIGHT THERAPISTS: THREE OCCUPATIONAL THERAPISTS AND FIVE PHYSIOTHERAPISTS
- OUR COMPANY COVERS A 13,221 SQUARE KILOMETERS AREA FROM LAKE ONTARIO TO ALGONQUIN PARK, LARGER THAN THE STATE OF NEW JERSEY!
- OUTPATIENT THERAPY SERVICES ARE OFFERED AT OUR THREE CLINICS IN CAMPBELLFORD, LINDSAY & BOBCAYGEON
- ASSESSMENT AND TREATMENT SERVICES ARE PROVIDED IN PRIVATE HOMES, LONG-TERM CARE FACILITIES, RETIREMENT HOMES AND WORK PLACES THROUGHOUT THE COUNTIES OF VICTORIA, HALIBURTON, PETERBOROUGH & NORTHUMBERLAND. WE ARE THE CONTRACTED THERAPY SERVICE PROVIDER FOR THE REGION'S COMMUNITY CARE ACCESS CENTRE
- OUR REHABILITATION TEAM NOW INCLUDES: 25 PHYSIOTHERAPISTS, 15 OCCUPATIONAL THERAPISTS, TWO SPEECH LANGUAGE PATHOLOGISTS, ONE KINESIOLOGIST AND TEN REHABILITATION ASSISTANTS

## At Your Desk Shoulder Exercises

The following exercises can be done several times daily to promote good posture and prevent repetitive strain injury to your shoulders.

### Shoulder Rolls *(To relax shoulders and neck)*

With both feet flat on the floor, sit away from the back of your chair. Lift your shoulders as high as you can by shrugging. Bring them forward and down in a circular motion, then return to the starting position. Repeat in the opposite (backwards) direction. Repeat 5–10 times.

### Shoulder Retraction *(To strengthen upper back)*

With both feet flat on the floor, sit away from the back of your chair. With your arms relaxed on

the armrests, pull your shoulder blades towards each other by sticking your chest out. Hold for 5 seconds. Relax. Repeat 5–10 times.

### Desk Push-Ups *(To strengthen chest, shoulders and arms)*

From a standing position, face your desk and put your hands shoulder width apart on the edge of your desk. Walk your feet back until your body is straight. Lower yourself towards the desk until your chest nearly touches it. Hold for 3–5 seconds. Push back up until your arms are straight, being careful not to lock your elbows. Repeat 5–10 times. **Note for beginners:** An easier version of this exercise is to push against a sturdy wall instead of a desk.

*If you would prefer to receive the Rehab Review newsletter in an electronic format or if you have any comments, please contact us at (705)324-5085 or 1-800-339-7792 or info@therapacc.com.*



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