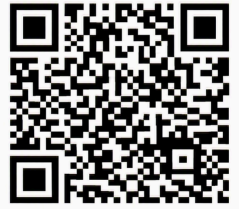


# REDISCOVER PHYSIO

## Coolum Beach

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## What is Shoulder Bursitis?

Shoulder Bursitis is a common condition that occurs when someone does too much with the shoulder, such as gardening or lifting something heavy. What happens is that it causes inflammation in the muscles and bursa. This then changes the way that the shoulder moves and is why you then experience pain outside of the original activity.

## What can and should you do?

### Manage your symptoms

When your shoulder is irritated, it can become sensitive to certain movements and activities. The goal is to keep moving while avoiding activities that significantly increase your pain. As symptoms settle, you can gradually return to normal activities.

### Modify Aggravating activities

Try to modify the 3 most aggravating activities:

- Reaching above your head: Try to place things at a lower height for a few weeks, like in the kitchen.
- Lifting: Try to reduce lifting, and if you have to, use 2 hands and keep it close to your body.
- Sleeping: Try to sleep on the other shoulder for a few weeks until the shoulder settles down.

### Exercises

There are 2 wonderful exercises that you can do that helps reduce the inflammation in the tendons and therefore the bursa. Because you are doing the exercises pain free - you should do them as often as possible. Every hour or when its aching.

## Simple Exercises to start improving your pain !

### Shoulder Internal Rotation Isometric

Standing facing a door frame, have your elbow by your side, and your hand out in front of you. Pull your hand in towards the doorframe - PAIN FREE. You may not be able to push very hard to start with. Complete 5 reps of 45 second holds.



### Shoulder External Rotation Isometric

Standing with a door frame on the outside of you, have your elbow by your side, and your hand out in front of you. Push your hand in towards the doorframe - PAIN FREE. You may not be able to push very hard to start with. Complete 5 reps of 45 second holds.

## Need more help?

You should look to review with a GP or a physiotherapist if symptoms have not improved after 2 weeks or if its impacting your day to day life.

Please stop the exercises immediately if painful and see your GP.

## Contact Us



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