



# QUALITY OF LIFE PHYSIOTHERAPY UPDATE

## EXERCISE YOUR BODY AND MIND

### Brain Games

(Answers at the bottom of page)

- I am not alive but I grow. I don't have lungs but I need air. What am I?
- You can see me in water, but I never get wet. What am I?
- The more you take, the more you leave behind. What am I?

### Banana Berry Smoothie (akadesign.ca)

1. ½ banana
2. 1 cup of frozen berries (any type)
3. ½ cup of your choice of milk (almond, coconut, etc.)

### Instructions

1. Put all ingredients in blender and mix until smooth



ANSWERS:  
Fire, a reflection, footsteps.

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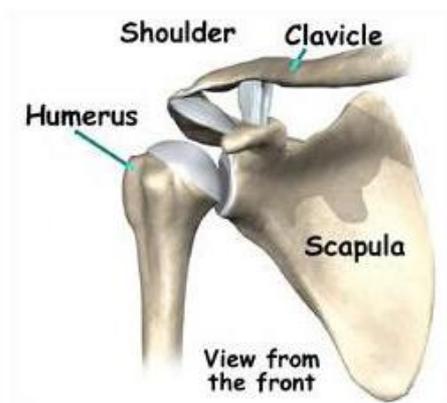
## Shoulder Pain

Whether you are working or exercising it is important to look after your shoulders to help reduce the risk of developing shoulder pain.

### How the shoulder works

Shoulders are complex structures involving several muscles and ligaments to give you a wide range of movement.

There are three bones that make up your shoulder. The clavicle (collar bone), the scapula (shoulder blade) and the humerus (arm bone).



### The shoulder joint

The three bones are supported by a group of muscles known as the rotator cuff and also several other ligaments and tendons. All together they work to give you a highly mobile joint.

### Causes of shoulder pain

Pain can occur when damage to the bones, muscles or ligaments happens. The shoulder can then become unbalanced resulting in poor shoulder posture, weakness, tightness, and poor range of movement. Common types of shoulder pain are rotator cuff injury, frozen shoulder, bursitis, tendinitis, arthritis, impingement and fracture.

### Things to do to help protect your shoulder

- When manual handling at work or lifting weights at the gym, always use correct techniques to minimize damaging your shoulder joint.
- Exercise regularly to maintain your cardiovascular fitness and strength
- Ask your facility physiotherapist for more tips and tricks to help reduce your risk of shoulder injury.

### Exercises to reduce your shoulder pain

- Arm across chest stretch. Place your right arm across your chest and using your left hand hold onto your upper part of your right arm and stretch for 30 seconds, repeat for other arm.
- Door press. Stand in a doorway with your elbow bent at a right angle and the back of your wrist against the door frame. Push the back of your wrist against the door frame. Hold for 5 seconds. Do 3 sets of 10 repetitions on each side. Then put the palm of hand, with your elbow still at a right angle, push your palm into the door frame. Hold for 5 seconds. Do 3 sets of 10 repetitions on each side.
- Pendulum exercise. Stand with your good hand resting on a chair. Let your other arm hang down and try to swing it gently backwards and forwards and in a circular motion. Repeat about 5 times. Try this 2-3 times a day

