

SHOULDER & ELBOW PAIN

NIC COSTIFF PHYSIO & REHAB



Medial Elbow Pain

Onset as a result of increased throwing activities or excessive activity of the wrist flexors (such as playing golf or racket sports and DIY). There will be tenderness just at or below the bony prominence on the inside of the elbow and pain on resisted wrist flexion and gripping.

Shoulder Impingement

Usually an overuse injury and can be associated with other injuries such as bursitis and rotator cuff tendon pain. There is usually poor positioning of the humerus (arm bone) which causes pain when taking the arm above head. Commonly an arc of pain. Pain with overhead activities such as lifting, bowling/throwing and swimming.



Glenoid Labrum Injury

Often injured by carrying or dropping and catching heavy objects; or forceful movements at the shoulder such as throwing.

Anterior Dislocation

Acute trauma with sudden onset of shoulder pain. Maybe associated with a feeling of the shoulder "popping" out.

Acromioclavicular Joint

Occurs as a result of falling onto the point of the shoulder or an outstretched arm. The injury is graded 1-6 depending upon the severity. There may be a visible step in the shoulder. Pain is reproduced when placing the injured arm across your body towards the opposite side.

Frozen Shoulder

This presents as a stiff shoulder and may occur following trauma (fracture or surgery) or may follow an injury to the neural structures or it may occur spontaneously. It is more common in females than males and usually occurs between 40 and 60 years of age. One of the first signs of this condition is difficulty with external rotation – with your arm by your side and elbow bent to 90 degrees, keep your elbow into your side and rotate your forearm away.

Lateral Elbow Pain

Often associated with increased activity or changes in technique, duties or equipment used. The pain can range from minor aggravation to incapacitating pain. Pain with gripping and wrist extension. Associated symptoms such as sensory loss or pins and needles may indicate a neural component and a presence of neck thoracic spine and shoulder symptoms should be noted.