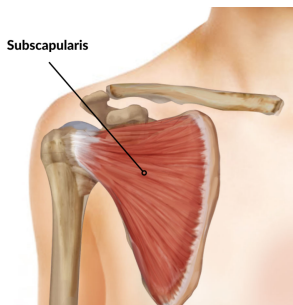


ABOUT YOUR CONDITION

👤 sample Patient 📅 05/04/2023

WHAT'S WRONG?



Subscapularis Syndrome

Subscapularis syndrome is a condition that affects a muscle in your shoulder called the subscapularis. This muscle is located at the front of your shoulder blade and helps you move your arm.

When you have subscapularis syndrome, you may experience pain or weakness in your shoulder, especially when you try to move your arm in certain ways. This can make it difficult to do everyday activities, such as reaching overhead or lifting objects.

Subscapularis syndrome can be caused by overuse or repetitive strain on the muscle, such as from playing sports or doing activities that require a lot of overhead arm movements. It can also be caused by a tear or injury to the muscle.

Treatment for subscapularis syndrome may include rest, ice, joint manipulation, and exercises. It's important to tell your chiropractor if you're also experiencing weakness in your arm, as they can help diagnose and treat the underlying cause of your symptoms.

THINGS WE CAN DO TO HELP YOU



Joint Manipulation

Your provider has found joints in your body that are not moving freely. This can cause tightness and discomfort and can accelerate unwanted degeneration i.e. arthritis. Your provider will apply a gentle force with their hands, or with handheld instruments, in order to restore motion to any "restricted" joints. Sometimes a specialized table will be used to assist with these safe and effective "adjustments". Joint manipulation improves flexibility, relieves pain, and helps maintain healthy joints.



Myofascial Release

Overworked muscles often become tight and develop knots or "trigger points". Chronic tightness produces inflammation and swelling that ultimately leads to the formation of "adhesions" between tissues. Your provider will apply pressure with their hands, or with specialized tools, in order to release muscle tightness and soft-tissue adhesions. This will help to improve your circulation, relieve pain and restore flexibility.



Therapeutic Exercise

Muscle tightness or weakness causes discomfort and alters normal joint function, leading to additional problems. Your chiropractor will target tight or weak muscles with specific therapeutic stretching and strengthening to help increase tissue flexibility, build strength, and ease the pain. Healthy, strong, and flexible muscles may help prevent re-injury.

THINGS YOU CAN DO TO HELP YOURSELF



Sleep Posture

Your mattress and the position you sleep in may affect your condition.

- Choose a mattress that provides medium or firm support, such as a traditional coil spring or adjustable airbed. Avoid waterbeds, thick pillow tops, and soft, sagging mattresses.
- Keep your neck and back covered while sleeping to avoid drafts that could cause potential muscle spasms.
- Since each presentation is unique with endless variability, there is no one-size-fits-all sleeping position. Research suggests that the *optimal* sleep position is the one that allows you to rest most comfortably without after-effects. Finding your ideal sleep position usually takes some experimentation, but two of the most popular are sleeping on your side with a pillow between your knees, or on your back with a pillow either underneath your knees.
- While many patients with neck pain or low back pain will want to avoid sleeping on their stomach, some people, particularly younger patients with sciatica, might find stomach sleeping is most comfortable.
- If possible, progressively test to see if your symptoms increase or decrease before spending a full night in any new position.

EXERCISES AT HOME


The following exercises have been specifically selected to assist with your recovery and help minimize future problems. Exercises should be performed slowly and within a relatively comfortable range. Maintain good posture and breathe naturally. Do not hold your breath. Unless otherwise instructed, stop any exercises that cause pain, or radiating symptoms.

Access your exercise videos

Scan me



OR



Visit HealthCom.io

Username: spatient32 | Password: Current Password

CURRENT EXERCISES



Resisted Shoulder Internal Rotation

Perform 3 sets of 10 reps, 2 times per day

Stand with your affected arm tucked into your side, elbow bent 90 degrees, and forearm pointed forward. Grasp a piece of exercise tubing attached to a firm object, then slowly rotate your arm toward your stomach to stretch the tubing. Once your hand touches your stomach, return to the start position and repeat as directed. Try to keep your elbow tucked into your side throughout the exercise.



D1 Flexion

Perform 3 sets of 10 reps, 1 time per day

Attach an elastic band to a secure object at floor level as shown. Stand with your arm at your side and grasp the band with your hand palm facing forward. Lift your arm upward and across your body toward the opposite shoulder ending palm facing inward. Return to the start position. Perform as directed.



D2 Extension

Perform 3 sets of 10 reps, 1 time per day

Attach an elastic band to a secure object above your head as shown. Grasp the elastic palm facing outward and move your arm across your body ending at the opposite hip with your palm facing inward. Return to the start position. Perform as directed.



Bear Hug

Perform 3 sets of 10 reps, 1 time per day

Wrap the band across the back of your shoulder blades or (alternately) attach the center of an exercise band to a post behind you. Grasp both ends of the band slightly below shoulder level. Stretch the band forward in a "hugging" motion, as if to wrap your arms around a tree until your hands touch. Return to the starting position and repeat 3 sets of 10 repetitions daily, or as directed.