



SHOULDER PAIN

Excerpt from TexPTS PIER

PROBLEM:	Shoulder Pain
INTERVENTION:	Manual Therapy & Exercise Neuromuscular Re-education Exercise
EVIDENCE:	Oxford Evidence Level= A

At 12 weeks, twice as many patients with shoulder dysfunction and pain who received primary medical care and manual therapy plus exercise had achieved complete recovery versus those receiving usual medical care only. Additionally, patients receiving primary care plus manual therapy and exercise achieve the outcome that takes 52 weeks with primary medical care only.⁴

REFER:

Patients with shoulder pain of gradual or sudden onset that occurs with lifting, reaching, especially at shoulder level or overhead. Often, examination indicates a component of strain or impairment of the rotator cuff muscles.⁴⁻⁶ This approach is particularly indicated if patients are experiencing associated neck and thoracic pain, including radiating upper arm pain.⁴

* References noted can be found on the original PIER document.

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