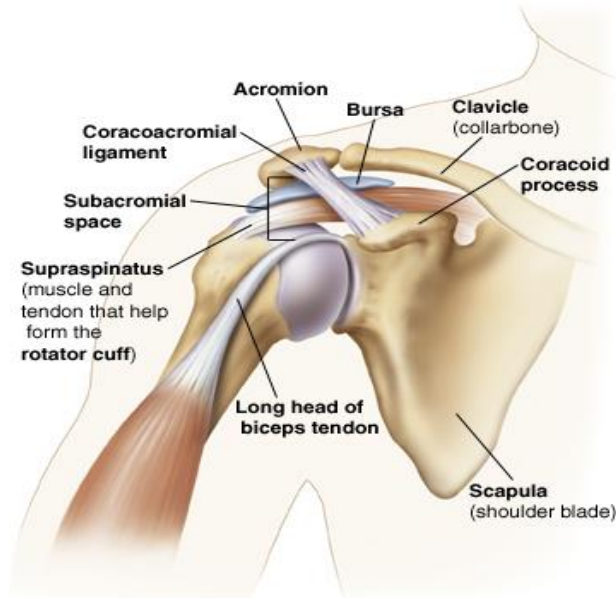


## Shoulder Tendinopathy

Shoulder tendinopathy is an injury to a tendon of the shoulder. The shoulder is a complex joint made up of many tendons. Injury is most common to the rotator cuff, the supraspinatus and the long portion of the biceps. Most injuries are caused by the practice of a new sustained activity, which you have not been prepared to do.



### Symptoms

- Pain in the shoulder that may spread down the outside of the arm as far as the elbow and at times as far as the hand.
- Pain may be present at rest and will increase with activity. The pain may wake you at night.
- The pain may cause a decrease in shoulder mobility.
- It may be difficult or impossible to lie on the affected side.

At the first sign of symptoms, it is important to **temporarily** stop any activities or movements that increase the pain. It is important to keep moving your arm within the painfree movements.

### Ice

You can apply ice (a bag of frozen vegetables, a gel ice pack, crushed ice) to the shoulder for 10-15 minutes every 2-3 hours. Always apply a wet towel between the ice and your skin. Ice can help you to reduce the pain.

### Exercises:

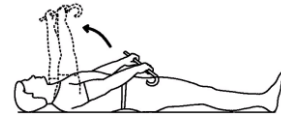
It is normal to feel discomfort and pain after the exercises. The pain should not persist later than 20 minutes after the exercises.

If an exercise increases the pain, reduce the intensity or the number of repetitions. The important thing is to go gradually.

**Number 1**

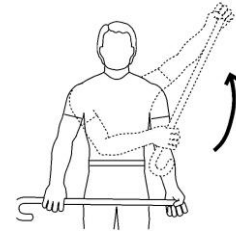
Lie on your back with a stick in your hands, your arms straight. Stretch your arms by lifting them over you head.

**10 repetitions twice a day**

**Number 2**

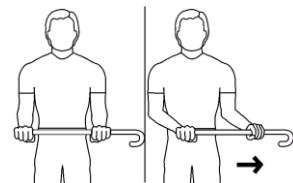
Stand upright with a stick in your hands, your elbows straight. With one hand, push your affected arm up towards the side and away from your body while keeping your elbow straight.

**10 repetitions twice a day**

**Number 3**

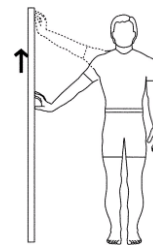
Stand upright, a stick in your hands, your elbows bent to 90°. Use one arm to push the other arm away from your body. Keep your elbows against your body.

**10 repetitions twice a day**

**Number 4**

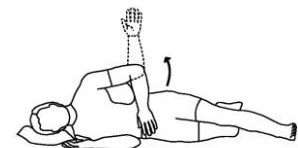
Stand perpendicular to a wall, your hand on the wall. Use your fingers to climb up the wall and the down again.

**10 repetitions twice a day**

**Number 5**

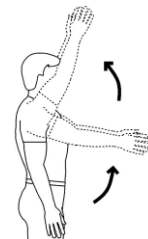
Lie on your side with a pillow under your top arm, your elbow bent to 90°. Keep your elbow against your side and raise your forearm.

**10 repetitions twice a day**

**Number 6**

Stand with arm alongside your body, your thumb facing upwards. Lift your arm up towards the ceiling.

**10 repetitions twice a day**



Remember that the important thing is to continue using your arm through non-painful movements and adapt your daily activities.