

# SHOULDER BURSITIS

## What is shoulder bursitis?

Shoulder bursitis is an irritation or inflammation of the bursa in your shoulder. A bursa is a fluid-filled sac that acts as a cushion between tendons, bones, and skin.

## How does it occur?

The shoulder bursa can become inflamed from repetitive motion of the shoulder. Shoulder bursitis often occurs in sports with overhead activities such as swimming, tennis, or throwing. It may also occur in occupational activities such as painting or carpentry.

## What are the symptoms?

You have pain on the outer front side of your shoulder. Your shoulder may hurt when you lift your arm above your head. The outer side of your shoulder may become swollen and may at times feel warm.

## How is it diagnosed?

Your healthcare provider will review your symptoms and examine your shoulder.

## How is it treated?

Treatment may include:

- ice packs on your shoulder for 20 to 30 minutes every 3 to 4 hours for 2 to 3 days or until the pain goes away
- anti-inflammatory medicine or other pain medicines (adults aged 65 years and older should not take non-steroidal anti-inflammatory medicine for more than 7 days without their healthcare provider's approval)
- a shot of a corticosteroid medicine into the bursa to reduce the inflammation and pain
- exercises to help in your recovery

## When can I return to my sport or activity?

The goal of rehabilitation is to return you to your sport or activity as soon as is safely possible. If you return too soon you may worsen your injury, which could lead to permanent damage. Everyone recovers from injury at a different rate. Return to your sport or activity will be determined by how soon your shoulder recovers, not by how many days or weeks it has been since your injury occurred. In general, the longer you have symptoms before you start treatment, the longer it will take to get better.

You may safely return to your sport or activity when:

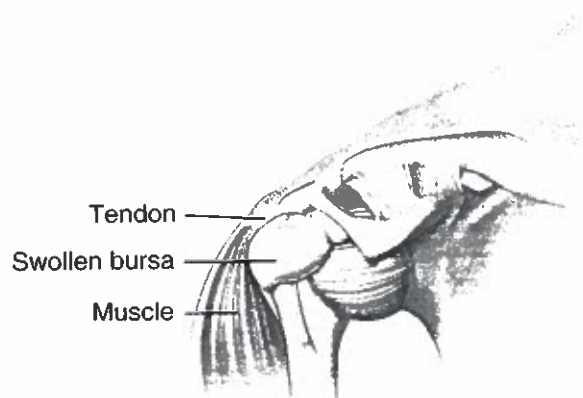
- your injured shoulder has full range of motion without pain
- your injured shoulder has regained normal strength compared to the uninjured shoulder

In throwing sports, you must gradually rebuild your tolerance to throwing. This means you should start with gentle tossing and gradually throw harder. In contact sports, your shoulder must not be tender to touch. Contact should progress from minimal contact to harder contact.

## How can I prevent shoulder bursitis?

Be sure to warm up properly and stretch your shoulder before such activities as throwing, playing tennis, or swimming. If your shoulder begins to hurt during these activities, you may need to slow down until the pain goes away.

## SHOULDER BURSITIS



**1. SCAPULAR ACTIVE RANGE OF MOTION:** Stand and shrug your shoulders up and hold for 5 seconds. Then squeeze your shoulder blades back and



SCAPULAR ACTIVE RANGE OF MOTION

together and hold 5 seconds. Next, pull your shoulder blades downward as if putting them in your back pocket. Relax. Repeat this sequence 10 times.

**2. WAND EXERCISE: FLEXION:** Stand upright and hold a stick in both hands, palms down. Stretch your arms by lifting them over your head, keeping your elbows straight. Hold for 5 seconds and return to the starting position. Repeat 10 times.



WAND EXERCISE: FLEXION

**3. WAND EXERCISE: EXTENSION:** Stand upright and hold a stick in both hands behind your back. Move the stick away from your back. Hold the end position for 5 seconds. Relax and return to the starting position. Repeat 10 times.

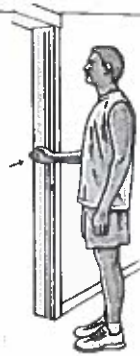


WAND EXERCISE: EXTENSION

**4. WAND EXERCISE: EXTERNAL ROTATION:** Lie on your back and hold a stick in both hands, palms up. Your upper arms should be resting on the floor, your elbows at your sides and bent 90°. Using one arm, push your other arm out away from your body while keeping the elbow of the arm being pushed at your side. Hold the stretch for 5 seconds. Repeat 10 times.



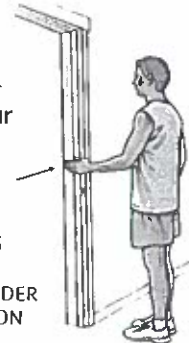
WAND EXERCISE: EXTERNAL ROTATION



**5. ISOMETRIC SHOULDER EXTERNAL ROTATION:** Standing in a doorway with your elbow bent 90° and the back of your wrist pressing against the door frame, try to press your hand outward into the door frame. Hold for 5 seconds. Do 3 sets of 10.

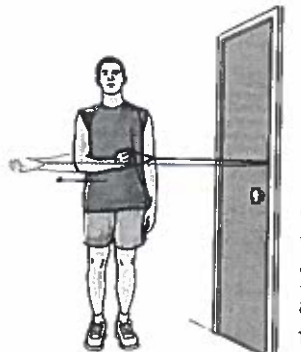
ISOMETRIC SHOULDER EXTERNAL ROTATION

**6. ISOMETRIC SHOULDER INTERNAL ROTATION:** Standing in a doorway with your elbow bent 90° and the front of your wrist pressing against the door frame, try to press your palm into the door frame. Hold for 5 seconds. Do 3 sets of 10.



ISOMETRIC SHOULDER INTERNAL ROTATION

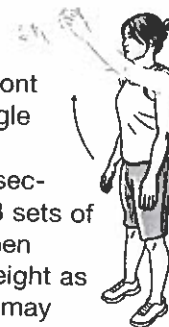
**7. RESISTED SHOULDER EXTERNAL ROTATION:** Stand sideways next to a door. Rest the hand farthest away from the door across your stomach. With that hand grasp tubing that is connect-



RESISTED SHOULDER EXTERNAL ROTATION

ed to a doorknob at waist level. Keeping your elbow in at your side, rotate your arm outward and away from your waist. Make sure you keep your elbow bent 90 degrees and your forearm parallel to the floor. Repeat 10 times. Build up to 3 sets of 10.

**8. SCAPTION:** Stand with your arms at your sides and with your elbows straight. Slowly raise your arms to eye level. As you raise your arms, they should be spread apart so that they are only slightly in front of your body (at about a 30 degree angle to the front of your body). Point your thumbs toward the ceiling. Hold for 2 seconds and lower your arms slowly. Do 3 sets of 10. Hold a soup can or light weight when doing the exercise and increase the weight as the exercise gets easier. Your provider may instruct you to do this exercise with your thumbs down.



SCAPTION