

# SAM with the Terrible Shoulder

Sam is known for her spiking, but over the season she's developed a lot of pain in her hitting shoulder and neck. At first she could work through the pain, but now even volleying hurts. She has been sidelined for three games. Her game performance has been on the decline since the injury. She is currently in high school and is looking for a volleyball scholarship.



## How we helped

	Posture	Mobility	Movement	Output	Capacity
Relevant Findings	<p>She has anterior head carriage, internally rotated shoulders, and a hyperkyphotic thoracic spine.</p> <p>Her hitting shoulder is elevated and more internally rotated than her opposite side.</p>	<p>She is unable to raise her arms above shoulder height without pain in flexion and abduction.</p>	<p>She displays habitual thoracic hyperkyphosis with scapular dyskinesia during sitting, reading, working on the computer and when performing sport specific movements.</p> <p>Scapular dyskinesia is pronounced with glenohumeral movements about the shoulder or when loaded.</p>	<p>Weak lower fiber of trapezius and external rotators. Unable to perform external rotation with weights 10% of biacromial bench press.</p> <p>Scapula cannot remain in ideal position during shoulder movements above 60 degrees in flexion, abduction, and during pressing movements.</p>	<p>Unable to perform one correct lower fiber of trapezius movement.</p>
Treatments	<p>Iontophoresis with Voltaren to reduce pain and inflammation. ART and acupuncture to address fascial restrictions focussing on her pectoralis fascia, pectoralis minor, subclavius, anterior scalenes.</p>	<p>For thoracic spine mobility we performed adjustments, Mulligan Technique and self-rolling on a foam roller.</p> <p>To address her shoulder mobility we focussed soft tissue techniques on her scapular protractors and internal humeral rotators.</p>	<p>Establish proper scapula movement during all glenohumeral movements.</p>	<p>Develop strength endurance of scapular stabilizers, namely focussing on lower fibers of trapezius, external rotators, and serratus anterior.</p>	

## Results

Full resolution and full return to competition.

"My injury may have been the best thing that has happened to me. I'm feeling better than before my injury. In fact I'm hitting harder and more consistently. THANKS!!"