

## Pilates

Join our Pilates Classes.  
Instructed by a Physiotherapist.  
Claim on your Health Fund.

Monday 515pm Amy

Monday 600pm Amy

Tuesday 930am Ed



## Gym Sessions

Our Physiotherapist can conduct your session within the gym with full use of equipment.

This can help with your recovery from injury, and injury prevention.

Claim with your Health Fund!



## Hydrotherapy

Our Physiotherapists offer Hydrotherapy. This is physiotherapy performed within a warm, indoor local pool. Access the pool via ramp or stairs. No need to be able to swim.

Receive an individualised pool program. Claim on your Health Fund!



# ROTHWELL Physiotherapy

T4.03, 743-757 Deception Bay Rd, Rothwell 4022

Phone: 3204 2193

Fax: 3204 0961

[www.rothwellphysio.com.au](http://www.rothwellphysio.com.au)

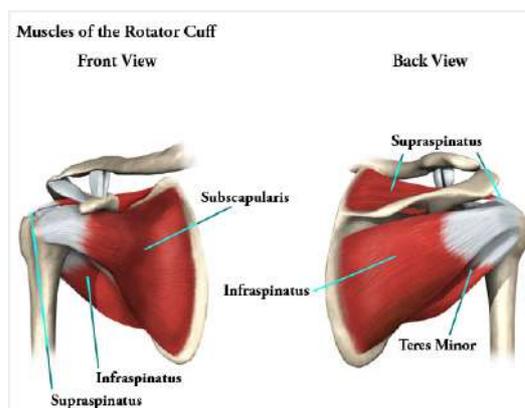


## Rotator Cuff Tendinopathy

The rotator cuff refers to a group of small muscles which run from the shoulder blade to the top of the arm bone. They support and move the shoulder joint. The rotator cuff attaches to the arm bone by tendons. Rotator cuff tendinopathy refers to inflammation and swelling within one or more of these tendons.

### *How does it happen?*

Rotator cuff tendinopathy results from overuse or injury to a rotator cuff tendon. The most commonly involved tendon is the supraspinatus muscle. This muscle helps to raise the arm into the air. Its tendon passes through a small space between the top of the arm bone and the point of the shoulder. In this space the tendon is susceptible to “wear and tear.” Repetitive use of the supraspinatus muscle causes its tendon to rub against the edges of the bony space resulting in microscopic.



## Dry Needling



Our Physiotherapists, Shanon, Tara and Courtney are trained in Dry Needling. This can be used as an adjunct with our "hands-on" physiotherapy services.

Dry needling is very supported by modern research and used as an adjunct with our "Hands-On" Physiotherapy strategies. Research supports that dry needling improves pain, and reduces muscle tension.

## Tip for Shoulder Health

Did you know that in order for you to have full pain free range of motion in your shoulder, you need good mobility also in your middle back (thoracic spine)?

Try these daily exercises to help maintain mobility in your middle back. We call these "chicken-arms." (a) Tilt your trunk to the side slowly, then to the other side. Repeat 5 times each side. (b) Rotate your trunk one way slowly, then rotate to the other side. Repeat 5 times each side. (c) Bring your elbows together in front of your chest, then open your elbows wide. Repeat 5 times.



If you experience pain with these exercises, stop and seek medical advice.

## How does it Feel?

Rotator cuff tendinopathy results in pain in the top of the upper arm. This is usually felt when you try to lift your arm. Associated with the pain may be stiffness or tightness in the shoulder. Pain onset is gradual, and typically disappears quickly initially. As the tendinopathy progresses, the pain in the tendon becomes more intense and more frequent.

## How can Rothwell Physiotherapy help?

Firstly, we can assess your shoulder and the severity. Your doctor may arrange for diagnostic imaging such as an ultrasound or MRI.

We determine an appropriate treatment plan. This involves:

- "Hands-on" soft tissue treatment: massage and stretching, and dry needling.



- "Hands-on" joint mobilisation to enhance movement of adjacent joints such as the thoracic (middle) spine and cervico/thoracic region (base of the neck).
- Progression through a series of specific strengthening exercises to restore the correct movement pattern of your shoulder complex.
- Activity modification (eg advice about desk ergonomics)
- Postural correction (we often use sports tape to learn the correct patterns of movement).

