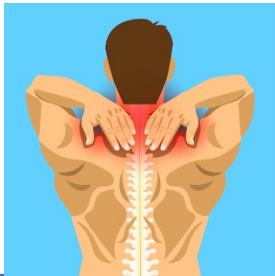


# Dealing with Shoulder Sprain and Strain

## TIPS FROM ORGANIZATIONAL SOLUTIONS

The right care, at the right time, for the right outcome.™



A shoulder sprain or strain is a tearing / stretching of the tendons, ligaments, muscles and bones in the shoulder joint. A shoulder sprain is a tear of ligaments, and a shoulder strain involves the muscle or tendon that attaches to the bone tearing or stretching.

### PREVENTION

**Listen to your body.** If your shoulder gets sore after an activity, don't ignore it. If the pain is serious and doesn't go away, see your doctor.

**Stay in shape.** Keep your body in good physical shape with regular exercise and a healthy diet. It's a way to stay well and it can help you avoid injury.

**Exercise the right way.** Warm up before you work out. Start slowly if you haven't done a sport or an activity in a while. Make sure you're lifting weights the right way. Don't lift too much.

### WORK TIPS



- Use good posture when you sit or stand.
- Follow the rules for safe lifting. Keep your back straight and use your legs.
- Take a break for a couple of minutes every hour. Move around and stretch.

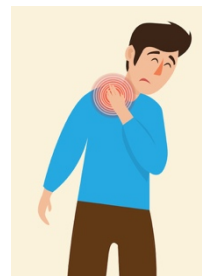
- If you work at a desk, make sure your workstation is set up so that you can comfortably use your computer.
- Don't strain to reach what you need. Use a step stool if you have to reach high places. Put the items you use in drawers or on lower shelves.

Like any other muscle group in the body, your shoulder needs time to rest and recover.

### RECOVERY TIME

Depending on the grade of sprain or strain (how severe) and individual healing rates, recovery times vary. You may need modified duties to help while you recover with appropriate, supportive treatment.

The optimum healing time for a return to a medium level job is approximately 14 days.

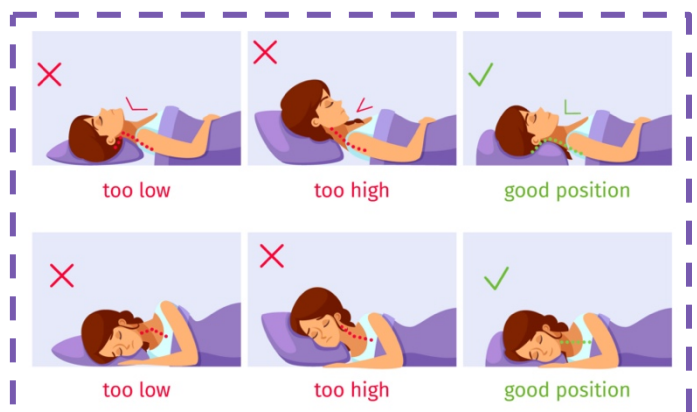


Level of work

Level of work	Healing time in days
Sedentary	7
Light	14
Medium	28
Heavy	34
Very heavy	42

### Change your sleeping position

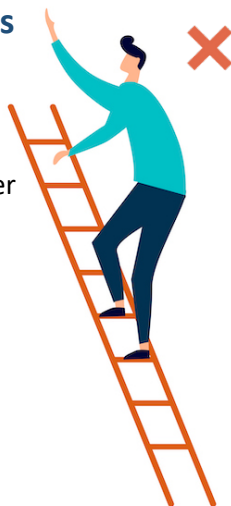
If you sleep on your side, don't lie on your injured shoulder. If you choose to sleep on your back, try to raise your arm with a pillow to relieve pressure.



## Self-pace and take micro breaks

### Limit:

- Climbing ladders
- Activities using arm above shoulder level, including reaching down
- Activities which require lifting and carrying to light or medium loads



### Avoid:

- Holding the arm outstretched for periods especially while holding weights and applying force
- Lifting and carrying with arm above shoulder level

## TIPS

Stretch before and after exercise and sports

Rotate tasks

Minimize risk of falling

Exercise

Proper nutrition

# STRETCHES

## Across the Chest Stretch

1. Bring your right arm across your chest.
2. Place it in the crease of your left elbow or use your left hand to support your arm.
3. Hold this position for up to 1 minute.
4. Repeat on the opposite side.
5. Do each side 3 to 5 times.

## Neck Stretches

Some neck stretches can help release tension at the top of the shoulders. To do a neck stretch:

- Stand with the feet hip-width apart.
- Let the arms hang down by the sides.
- Look forward.
- Tip the head to the right, trying to touch the right ear to the right shoulder.
- Feel the stretch in the left side of the neck and shoulder.
- Tip the head to the left, trying to touch the left ear to the left shoulder.
- Feel the stretch in the right side of the neck and shoulder. Each time, hold the position for 10 seconds.
- Repeat three times on each side.



## Shoulder Rolls

- Stand with feet hip-width apart.
- Let the arms hang down at the sides of the body.
- Breathe in and lift the shoulders up toward the ears.
- Move the shoulders back, squeezing the shoulder blades together.
- Exhale and drop the shoulders back.
- Move the elbows forward, feeling the stretch at the back of the shoulders.
- Repeat 10 times.

## Pendulum

To do the pendulum exercise, start by leaning over and supporting your non-injured arm with a table or chair.

Allow the sore arm to dangle straight down and then draw circles in the air. The circles should start out small but gradually grow, and you should also reverse direction periodically. Repeat this exercise 5 to 10 times throughout the day.