



Have you ever had a shoulder injury?

THE COMPLEX SHOULDER

Have you ever had a shoulder injury, completed an exercise rehabilitation program but then weeks, months even years later the pain is back?

Chances are you only scratched the surface of your exercise rehabilitation program.

The shoulder is essentially made up of 2 joints which together can be termed the shoulder complex. These two joints interact with each other in a coordinated fashion to allow us to lift things, move our arms all over the place and if needed support our body weight.

The first is the 'glenohumeral joint' where your arm attaches on your scapula (shoulder blade) and the second is the 'scapula-thoracic joint' which involves the interaction between your scapula and your rib cage. Typical exercise rehabilitation programs focus on strengthening the rotator cuff muscles which primarily act on the gleno-humeral joint, BUT what about the other joint?

The issue with only targeting one of the two joints and not the entire shoulder complex is our body can develop dysfunctions when it moves. These dysfunctions can later lead to either another injury or re-occurring injuries and can be very frustrating when trying to carry out your day to day tasks.

Therefore, it is very important that both your initial and long term exercise rehabilitation program focus on the entire shoulder complex to ensure you have the ideal outcome with your shoulder injury/chronic issue.

If you are someone with chronic shoulder issues or injuries, come in and see us at True North Wellness and speak to our Exercise Physiologists who can help guide you with an effective rehabilitation and strength program.

Jake Hathway
Accredited Exercise Physiologist



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'Our Vision is to empower people to make sustainable health and lifestyle changes in a supportive and caring environment'

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