PAIN Hands turned inwards
STRETCH: Behind back
LOAD: Holding body weight

LESS PAIN
Rotate hand out

NO PAIN/PROTECT
Keep elbow at side
Roll sideways on elbow to sit up

STOP NIGHT PAIN
Take pressure off shoulder with a trunk pillow. Put correct thickness (i.e. pillows or pillows and towels) into one case

COMBO: If coming to sit is painful...

PROTECT
Think thumbs out

PROTECT
Good postural support

LOAD
Weight on extended arm (1 pound next to your body becomes 10 pounds at arm’s reach)

PROTECT
Keep arm at side
Use stronger elbow muscles to lift

Suspended arm
Hand drive too high and forward

PROTECT
Place drive box so elbow is relaxed at side

EXERCISE:
Consult your therapist. Exercise should be tailored to your Level of SCI or it can worsen pain, especially for people with tetraplegia.

MODIFYING TECHNIQUES WITH FUNCTION:
Everyone is different. Techniques are most effective when tailored to you.
Consult your Occupational and Physical Therapists.

OVER ARCHED NECK can pinch C-5, 6 nerve to shoulders to cause pain and tendinopathy

POOR POSTURE CAUSES SHOULDER PAIN

POSTURAL ALIGNMENT

PROTECT
Vehicle transfer
Consider getting a WC lift and seat lift for you.

PROTECT
High-low transfer
Elbow high above hand and hand turned in
Protect your rotator cuff (RTC). It is the most vulnerable part of your shoulder.

Risk

*59% of people with Tetraplegia
41% of people with Paraplegia

STOP!
If it hurts

No Pain, No Gain does NOT work with the RTC! If it hurts, you’re hurting it!
Where does it hurt?
In front, or often down the side of the arm.

DOs & DON’Ts

PROTECT Vs. STRESS
Your RTC

Avoid the most common POSITIONS with function that stress the RTC
1. IMPINGE (pinch)
2. STRETCH
3. LOAD

1. Abduction, Internal Rotation
2. Shoulder Extension
3. Suspended in Shoulder Flexion

IMPINGE
Reaching up sideways

STRETCH
Elbow behind back

LOAD
Lifting with straight arm