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FRONT SHOULDER PAIN



ADVICE SHEET: FRONT SHOULDER PAIN

What is it?

What are the causes of front shoulder pain? Although there could be several contributing factors to front shoulder pain, one commonly overlooked cause is biceps tendonitis. Roughly about an inch above the arm pit, there is a bony protuberance called the coracoid process. This is actually part of the shoulder blade (scapula), and is an attachment point for three muscles: biceps brachii (short head), coracobrachialis and pectoralis minor. This is a relatively small area, which can have tremendous forces put through it. Hard biceps training and not stretching regularly will shorten this muscle and the pectoralis minor, and cause scar tissue to form on these tendons. This will also pull the shoulders forward, causing misalignment and other issues.

How will you be treated?

A Sports Therapist will work into the biceps, checking for any solid areas (hypertonicity), and break down the scar tissue with a technique called transverse frictions. A stretching technique called soft tissue release will also be applied, which not only lengthens the muscle, but also breaks down adhesions between the muscle and fascia that prevent the muscle from sliding efficiently.

What can you do to help yourself?

Obviously, the best thing to do is to get checked out properly. Make sure you stretch regularly – this can be done very easily by standing in a corner of a room, facing the corner with your arms up at various angles to find out which is more uncomfortable/tight, and then gently lean in. Remember to keep your back straight. Hold this for roughly 45 seconds, three to five times a day. This will stretch the pectoralis minor and coracobrachialis.

To stretch the biceps, stand in a doorway or a corner wall facing away. Move your arm backward, keeping the elbow straight, and hold onto the doorway or wall with your hand, thumb still pointing down. Gently bend the knees until you feel the stretch in the biceps, and hold for 45 seconds. Again, do this three to five times a day.

Please remember, if you need any further advice then you can email us at advice@pbclinic.com.



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