

SMARTPHYSIO

The Highgate Shoulder Bursitis Program

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Personal Message From Sammy Margo, Director Of Physiotherapy Services



The pain of shoulder bursitis can literally make it feel like life is on hold.

We have created this information pack to give you a head start in your recovery.

This pack is based on our experience helping 1000s of patients just like you, optimize their recovery and get back to doing the things they love!

As a physiotherapist, the most rewarding aspect of our job is getting people moving well, pain free and achieving their goals. We hope that at the end of this, we might be your choice of physiotherapy provider, however, the most important thing is that you make the right choice, whether it is with us or not.

Still have questions? Please don't hesitate to contact us.

Tel: 02074354910

Thank you again

Sammy Margo,
Director Of Physiotherapy Services

Step 1

Diagnosis First

Here at Sammy Margo Physiotherapy, we begin with a comprehensive assessment of your condition and history. Shoulder bursitis doesn't happen overnight but there can be many factors contributing to your symptoms.

Our knowledgeable team will perform a detailed examination and explain their findings.



Step 2

Hands-On Treatment

Here at Sammy Margo Physiotherapy, we take a very much hands-on approach to treatment.

Your treatment program will be tailored to your specific diagnosis but may involve:

- Soft and deep tissue massage
- Joint mobilisation techniques
- Medical acupuncture
- Exercise rehabilitation



Step 3

Breaking the Cycle

The pain and stiffness associated with bursitis can be frustrating and disruptive to your normal movement patterns.

To enable you to get back to doing the things you love, our knowledgeable team here at Sammy Margo Physiotherapy will get you started on a suitable exercise programme in the early stages of your condition.

This will help you to break the cycle and enable you to take more control in maintaining a healthier range of movement, using simple exercises tailored specifically for your spine and postural type.



Step 4

Holistic Whole Body Approach

Our unique Bursitis program involves a comprehensive assessment of your posture and quality of movement as a whole.

This can be a vital step in breaking the cycle in your injury and preventing ongoing symptoms. For example, it is not uncommon for an underlying issue in the lower back to be linked to a muscle imbalance or postural issue elsewhere in the body.

Our holistic approach and focus on getting to the root cause of the problem means you will often finish a treatment program feeling better and stronger than before and enjoying better quality and range of movement.



Step 5

Recovery

Whether your goal is to get back to work, football or playing with the kids, our knowledgeable team will create the final part of your programme which is to achieve full recovery and function. They will create an exercise and rehabilitation plan tailored to your specific circumstances and goals.

This will help prepare you for getting back to normal but also help to prevent your injury from reoccurring.



Number 1

Apply An Ice Pack To The Area

Applying an ice pack to the area can help to reduce the intensity of the pain around the site of your bursitis.

A cold pack can be applied for 5 – 10 minutes up to 3 times per day in the area of pain.

Never apply ice directly onto the skin but instead wrap it in a tea towel to avoid irritation of even a possible burn to the skin.



Number 2

Avoid High Intensity Exercise

Avoid any high intensity exercises where you load your shoulder joint such as push ups or lifting free weights above your head. Whilst there is inflammation and pain in the tissues in and around your bursitis, it is best to avoid these types of exercises.

Our physiotherapist will be happy to advise you as to when it is appropriate to reintroduce exercise and will give you lots of strategies to stop the injury from recurring.



Number 3

Keep Moving

It is important to keep moving as this will help:

- Prevent the muscles around the joint from getting weak
- Prevent the joint itself from stiffening up
- Keep the circulation flowing to the area



Number 4

Support at Night

It is really common to have difficulty sleeping when you have bursitis pain as it can often be hard to get comfortable and painful to lie on the injured side.

If you have bursitis pain in your elbow or shoulder, try using a pillow underneath your elbow when lying on your back. This can help to support the weight of the arm and also form a barrier to help prevent you turning onto that side during the night.

If you have bursitis pain in your knee, try placing a small pillow underneath your knee when lying on your back. This will keep the joint in a neutral position, reducing discomfort and allowing you to get off to sleep.

If you have bursitis pain in your hip and you like to sleep on your side, try placing a pillow between your knees. This can help to keep the pelvis in a neutral position, which may be more comfortable and allow you to get some sleep.

Number 5

Diagnosis Before Exercise

There is so much information out there on the internet it can be really tempting to search for exercises for bursitis pain, especially when you are frustrated and want to do something about the pain.

However, joints are complex with many different structures that can cause pain. Many exercises you see online may well be unsuitable for your specific problem.

Here at Sammy Margo Physiotherapy we tailor your exercise rehabilitation so that it is individualized to your circumstances and goals.



Final Word

Choosing a treatment approach can be hard and there is a lot of sometimes confusing information out there.

Hopefully, you have found this information pack useful.

Still, have questions? Why not take us up on our free offer? Please don't hesitate to contact us.

Book a FREE Bursitis phone Consultation.

If you are unsure if physiotherapy is the right option for your specific problem, want to know more about what physiotherapy could do for you or just want to speak to a professional about your problem, contact us to arrange a FREE 15 minute telephone consultation.

One of our highly qualified team will then be in contact to discuss your specific injury.

For appointments please call : Tel: 02074354910