
6 Week Shoulder Pain Fix | Fluid Physio+Gym



6-WEEK SHOULDER PAIN FIX

YOUR 6-WEEK SHOULDER PAIN FIX

- without injections or surgery.

The shoulder joint has a reputation for being a complex joint. At Fluid Physio+Gym we provide you with tailored, hands-on physiotherapy and a step-by-step exercise program, to progress you back to full function – helping you get back to tennis, swimming, surfing and anything else you love doing!

What is different about our program?

■ You can get started now

You don't need to wait to be pain-free before beginning our exercises. Our program mobilises and strengthens, whilst still respecting the injured or stiff part of your shoulder.

■ We're here to guide you – every step of the way

Solutions for shoulder pain can be complex, but at Fluid Physio + Gym we've simplified things to help you. Our team will support you throughout the 7 step program, empowering you with the knowledge to improve and eliminate your shoulder pain.

■ It's Personal

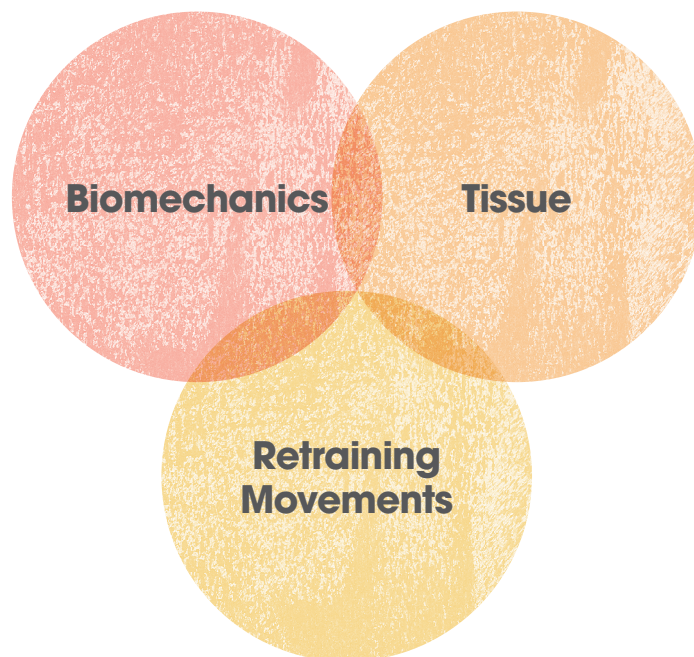
We provide you with individualised physiotherapy care and a step-by-step exercise programs, suited to your injury.

■ You can work with us and at home

As you start each step of the program, our physiotherapist will select the exercises relevant to you and demonstrate each movement. You will take home a handout for each step, allowing you to continue your progress from home.

■ We know that quick fixes don't last

Whilst a cortisone injection into the shoulder can be effective for pain relief in some patients, it does nothing to address the underlying biomechanical cause of the problem, for example, a stiff spine.



We deliver an integrated solution:

Biomechanics

Although improving the flexibility of the spine with corrective exercise can help some shoulders, other patients may also need tissue-specific exercise to improve the health of the tendons in their shoulder.



Tissue

By adding correct, tissue-specific exercises we can further improve the tissue health within the shoulder.



Retraining Movements

Your technique may also need to be adjusted/ retrained if your existing movements cause an overload to specific structures in the shoulder.

With this self-awareness you'll be able to maintain and care for your shoulder and be less likely to require treatment in the future.

Progressing you to full function

■ **Getting you back in the water or on the field**

After the pain is resolved, the ultimate goal is to progress you to full function; helping you get back to tennis, surfing, swimming or anything else you love to do!



Are you ready?

Book online

If you would like us to help resolve your shoulder pain in 6 weeks, book your initial consultation online via the button below, or at fluidphysio.com.au Specify: 'Shoulder fix' in the comments box at the end of the form.

TO BOOK ONLINE CLICK HERE

(If viewing on-screen with a wifi connection).

Book in person

If you would prefer to speak with one of our helpful staff members, please contact reception at Fluid Physio + Gym on **02) 6646 3766** to discuss and book your initial consultation to fix your shoulder pain.

Fluid Physio + Gym is located within the Raymond Laurie Sports Centre in Yamba, at 78 Angourie Road.