

## 2. Thoracic spine mobility

Roll up a towel and lie on it so that it runs down the centre of your spine from the base of your neck to the bottom of the mid back. Have your head supported by a pillow and have your legs bent up with your feet on the floor. Lie there for 10 minutes each day to stretch out your spine.

## 3. Shoulder control

Lie on your back with your knees bent up and your head on a pillow. Take your arm 90° away from your side and rest your elbow on a rolled towel. Feeling for movement at the front of the shoulder with the other hand, rotate the arm back and forth, learning to stop the shoulder moving up off the floor. Perform this exercise for 2-3 minutes, 3 times a day.

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- **PROTECT** – Protect the injured tissue from undue stress that may disrupt healing, and/or cause further injury. Make sure the mode of protection can accommodate swelling.
  - **REST** – This reduces the energy requirements of the area, avoids unnecessary increase in blood flow, ensures protection of the area and optimises health.

- **ICE** – Helps constrict blood vessels thereby limiting bleeding and reducing accumulation of unnecessary scar tissue. Crushed ice wrapped in a damp towel (to prevent ice burn) is best. It should be applied immediately after injury for 20 minutes, then every 3-4 hours. It should be applied for a maximum of 5-10 minutes over bony areas.

- **COMPRESSION** – Use of comprehensive bandaging or Tubigrip.

- **ELEVATION** – Lowers the blood pressure at the area and helps limit bleeding.

When following **PRICE** is also important to avoid **HARM**, hence the saying 'Give **PRICE** and avoid **HARM**'

### **Avoid:**

### **HARM**

- **H** – Heat (e.g. Hot bath, sauna)
- **A** – Alcohol
- **R** – Running
- **M** – Massage

These are all counter-productive to PRICE treatment.



# SHOULDER IMPINGEMENT

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