

# Managing Shoulder Pain

## Swelling

If you have any swelling or pain around your shoulder you may use an ice pack (a bag of frozen peas wrapped in a tea towel) for up to 20 minutes. You can repeat this frequently throughout the day as long as you only leave the ice pack on for 20 minutes.

## Medication

Taking medication may allow you to do your exercises and improve your sleep at night.

### Non-Steroidal Anti-Inflammatory Gels

You may wish to try ibuprofen or Voltarol gel. Apply a pea sized amount of gel to the shoulder. You may need to check with the pharmacist or Doctor if you are able to use the gel when this is combined with your current medication. Please click on the link regarding medication. <https://www.youtube.com/watch?v=f2KCWMnXSt8>

### Painkillers

You may wish to try paracetamol or ibuprofen (Non-steroidal anti-inflammatory) for pain relief. It is important to take the medication regularly as directed on the box or the prescription. You may need to check with the pharmacist or Doctor if you are able to take paracetamol or ibuprofen with your current medication.

## Heat Packs

May be used to ease achey muscles.

## TENS Machine

Transcutaneous electrical nerve stimulation is a method of pain relief involving the use of a mild electrical current. Attach the pads to the skin. When the machine is switched on, small electrical impulses are delivered to the affected area. The impulse signals travel to the spinal cord and brain which may help to relieve pain and relax the muscles. Please click on the link for further information. <https://www.nhs.uk/conditions/transcutaneous-electrical-nerve-stimulation-tens/>

## Acti-Patch

Is an electromagnetic pulse therapy for muscle soreness, strains and sprains. Attach small pads directly to the skin. It works in a similar way to TENS but you do not feel any sensation

of an electrical current. Please click on the link for further information.  
<https://www.actipatch.com/actipatch-products/actipatch-muscle-joint/>

## Other Options

**Relaxation:** Playing some music.

**Breathing Exercises:** Downloading a relaxation App e.g.  
[www.headspace.com/headspace-meditation-app](http://www.headspace.com/headspace-meditation-app)

**Distraction:** Going for a walk or a bike ride. This will help to stimulate the production of your own natural painkillers such as endorphins which may help to ease your pain.

## Steroid Injections

Steroid injections are useful if your shoulder pain is irritable and you are not responding to exercise or over the counter medication. Steroid injections are for pain and inflammation. An injection may give you also help you to be able to do your rehabilitation.