

Single Case: **Shoulder Pain treated with Laser Therapy**

Abstract: A 45+ yr woman presented with right shoulder pain. After 6 laser treatment sessions, pain with movement of the affected muscles was significantly reduced.

Keywords: Low Intensity Laser, Active Resisted Testing.

Examination

History: This woman presented at my office seeking treatment of right shoulder pain. Upon further inquiry it was revealed that this pain was chronic and flared up periodically over the course of 25 years.

Static Posture: Observation of this client's posture showed a slight head forward posture, protracted shoulders bilaterally, with the right side more pronounced. Her right shoulder was also more caudal. The right scapula was deviated laterally.

Range of Motion: Of the effected shoulder, horizontal active free movement produced pain as did internal rotation and adduction. Active resisted testing was positive for supraspinatus muscle and long head of biceps muscle.

Observation/Palpation: Palpation revealed point tenderness of supraspinatus, bicep brachii both the long head and short head. It was determined that this client was presenting with supraspinatus and biceps tendinitis.

Treatment

This client received low intensity laser therapy directed at the supraspinatus and biceps brachii muscles at the tendon attachments of the humerus and corocoid process. Noticeable improvement was observed in both function and level of pain after 4 treatment sessions, at a frequency of 2 sessions per week. By the 6th session the pain was reported to be only a 2 on a pain scale of (0= no pain 10 = unbearable pain)

Outcome

This client was pain free after 10 laser sessions. Strengthening exercises were also incorporated in the treatment plan for this client. This resulted in improved shoulder, neck and upper back posture. It should be mentioned that strengthening the weak muscles before addressing the tendinitis may have resulted in further inflammation and delayed total recovery.

Sandra McCarthy, H.B.P.E., R.M.T., I.M.T.P. (Registered Massage Therapist/ Manual Therapist) offers Integrative Manual Therapy, Therapeutic Massage and Low Intensity Laser Therapy. Sandra is the owner of "TouchMatters" Manual Therapy. Her practice is located in Barrie, Ontario.