



Great Lakes Fruit, Vegetable & Farm Market EXPO Michigan Greenhouse Growers EXPO

December 4-6, 2018

DeVos Place Convention Center, Grand Rapids, MI



10 Working with Shoulder Injuries

Where: Gallery Overlook Room A & B

Torn rotator cuffs, dislocated shoulders, and arthritis are very painful and make it difficult for many growers and farmers to do their work. How can I prune trees if I cannot lift my arm? How can I operate hydraulic levers if I cannot push or pull with my right shoulder? Learn how to improve shoulder health with physical therapy and about special tools and equipment accommodations and that can help get the job done in spite of shoulder injuries. Physical therapy can help achieve maximum medical improvement for long-term healing. Assistive tools and devices can enable you to do tasks that would otherwise be impossible with shoulder pain.

1:00 PM

- Curt Bishop, Hulst-Jepsen Physical Therapy
- Ned Stoller, AgrAbility

1:50 Session Ends

Working With Shoulder Injuries

Curt Bishop M.P.T., Cert M.D.T. Cert AIB
Ned Stoller, Agricultural Engineer

Who is Hulst Jepsen Physical Therapy?

Largest independent, locally-owned PT practice in West Michigan. Our mission is to glorify God by loving our neighbor. We love our neighbor by providing the highest level of PT care and custom service.



Who is Michigan AgrAbility?

Michigan AgrAbility is a non-profit that helps growers with serious medical conditions to keep working. We are a partnership between Michigan State University Extension and Easterseals Michigan.



Understanding Shoulder Pain

- More than \$7 billion spent annually on shoulder pain
- A life time prevalence of up to 70% of the population – according to NCBI
- Your cost can be anywhere from \$6,000 to upwards of \$20,000 ie: RCR
- Common

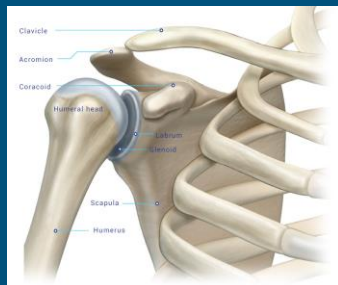


Common Causes of Shoulder Pain

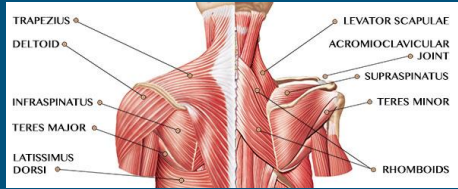
- Repeated trauma
- Lack of shoulder strength
- Lack of range of motion
- Awkward positions / repeated motions
- Poor posture



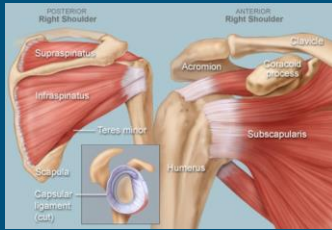
The Shoulder



The Shoulder



The Shoulder



Common Injuries – Rotator Cuff Tear



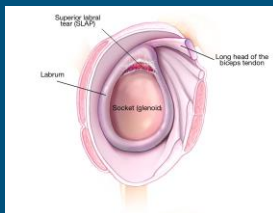
Common Injury: Tendonitis



Osteoarthritis

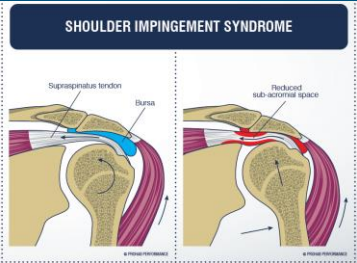


Labral Tear



Impingement

SHOULDER IMPINGEMENT SYNDROME



The diagram illustrates shoulder impingement syndrome in two stages. The left side shows a normal shoulder joint with the supraspinatus tendon and bursa. The right side shows the tendon and bursa being compressed against the acromion, resulting in a reduced sub-acromial space.

HULST JEPSEN
PHYSICAL THERAPY

Neck Involvement



The illustration shows a full view of the human skeleton, highlighting the spine from the neck down to the pelvis.

HULST JEPSEN
PHYSICAL THERAPY

Observations of Growers and Farmers and their pain

- Do not take "rest" days
- Work through pain and push their body too hard
- Difficult to change habits
- Small injuries become large injuries
- Live with the pain
- Major surgery

HULST JEPSEN
PHYSICAL THERAPY

Traditional Treatments

- Rest
- Medication – anti-inflammatory, steroids, muscle relaxors
- Physical therapy
- Chiropractic treatment
- Accupuncture / dry needling
- Injections
- Minor / major procedures



Strategies to Reduce Shoulder Pain

- Shoulder strengthening
- Exercises before and after work tasks
- Wellbeing – weight loss, eating well, rest (not sleep)
- Avoid or modify certain activities
- Stretching/range of motion



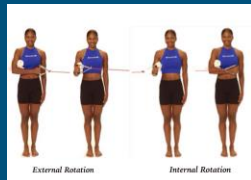
Exercises to Reduce Shoulder Pain – Posture focus



Exercises to Reduce Shoulder Pain



Exercises to Reduce Shoulder Pain



Work Environment Before/After



Work Environment Before/After



Work Environment Before/After



Work Environment Before/After



Working With Shoulder Injuries

What tasks make your shoulder pain worse?
Better? Make a list & accommodate.

1. Does the job have to be done?
2. Can it be done a different way?
3. Can it be traded with another worker?
4. Is there a tool to help reduce the pain?
5. Could you adapt a tool to help reduce the pain?
6. Could you design a new tool to help reduce the pain?



Too little too late...



Work Environment Before/After



Work Environment Before/After



Work Environment Before/After



Work Environment Before/After



Work Environment Before/After



AgrAbility

Work Environment Before/After



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Work Environment Before/After



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Work Environment Before/After



Work Environment Before/After



Work Environment



Get Help Before It's Too Late!

What should I do with new incidence of back pain? Acute.

- Rest,
- Ice,
- Anti-inflammatory medication, &
- Avoid **activities that cause the pain**
- Seek professional help if no pain reduction in a week

Get Help Before It's Too Late!

What should I do with chronic pain?

- Take a break and modify activities that produce pain
- Change position or use the other hand for 5 minutes per ½ hour
- Stretch and exercise to reduce pain
- Seek professional help
- Adapt equipment and work environment to relieve pain

Thank you!



Ned Stoller

Agricultural Engineer &
Assistive Technology Specialist

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Curt Bishop

Physical Therapist

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