

## **Shoulder Inactivity**

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The shoulder joint is capable of a wider and more varied range of motion than any other joint in the human body. This extraordinary flexibility has allowed human beings to do everything from pitching a baseball to combing your hair, but also makes the joint susceptible to problems such as tendonitis, bursitis, subluxation, osteoarthritis, rotator cuff injuries and frozen shoulder syndrome.

In one form or another, stress and strain on the shoulder is certainly the most common cause of injury to the muscles and joint structure. Another cause, however, is only slightly less threatening: simple inactivity. Failure to regularly use the muscles of the shoulder and to bring the joints to the limit of their range of motion through moderately vigorous activity makes the region particularly susceptible to sudden over use and other kinds of stresses. The joints stiffen; ligaments and muscles may contract; good blood flow is inhibited. Even more noteworthy, inactivity may make the shoulder more susceptible to general joint degeneration.

The effects of inactivity tend to be magnified with age and it is inactivity, more than aging its self that tends to leads to the conditions generally associated with growing older, like osteoarthritis. Regular exercise that use the shoulders full range of motion like; power walking with good shoulder movement, swimming, or golf may well prevent these problems.

The American Physical Therapy Association has developed a web page to help inform people on common conditions mentioned above for the shoulder and the rest of the body. For further information checkout [www.apta.org/consumer](http://www.apta.org/consumer), look under, Physical Therapy and Your Body, for more information.

The above is intended as general information only. Be sure to contact your physician for advice or your own specific medical problems. Have a question? Write to Questions from the Field, Gananda-Walworth Physical Therapy and Village Fitness, 1218 Mayberry Place, Macedon, NY 14502, or send e-mail to [gwpt@rochester.rr.com](mailto:gwpt@rochester.rr.com).