



Shoulder Pain: Physiotherapy Assessment and Personalized Exercise Protocols (PDF)

Shoulder pain is a very common condition and can affect daily activities, work, sport, and sleep. Symptoms may appear gradually or suddenly, and they often change depending on movement, posture, and load. In most cases, shoulder pain is not caused by a single structure, but by how the shoulder joint moves, adapts, and interacts with the rest of the body over time. This guide is designed to help you:

- better understand your shoulder symptoms
- assess how your shoulder responds to movement
- follow a clear, physiotherapy-based rehabilitation approach
Instead of generic exercises, the guide leads you through a **simple assessment process** and helps you choose the most appropriate **exercise protocol** based on your presentation. The goal is to improve movement quality, tolerance, and control — while respecting your individual condition and recovery pace.

Understanding Shoulder Pain

Shoulder pain is a very common condition and can present in many different ways.

In most cases, symptoms are related to how the shoulder joint moves, adapts to load, and coordinates with the rest of the body.

This guide helps you understand:

- how your shoulder behaves during daily movements
- which factors may be contributing to your symptoms
- why a structured and individualized approach is essential

Understanding the problem comes before choosing any exercise.

Guided Assessment Before Exercises

Before starting any exercise, the guide leads you through a series of simple questions and physical tests.

These help assess:

- shoulder mobility and tolerance to movement
- how symptoms change with specific positions
- which movements are limited, sensitive, or well tolerated



Choose the Protocol That Fits Your Shoulder

Based on the assessment, the guide helps you choose the most appropriate protocol for your shoulder pain.

Protocol A — Compression-based approach

Indicated when symptoms are mainly influenced by joint loading, compression, or sustained positions.

Protocol B — Tension-based approach

Indicated when symptoms are mainly related to soft tissue or neural tension, stiffness, or reduced movement tolerance.

Mixed protocol

Used when both compression and tension components are present and need to be addressed together.

Targeted Exercises Based on Your Protocol

Exercises are selected according to the chosen protocol and progressed gradually. Each exercise focuses on improving movement quality, tolerance, and control of the shoulder.

You are guided step by step through:

- how to perform each exercise correctly
- what sensations are acceptable
- how to adapt range and intensity over time.

Exercises are shown with clear photos and video demonstrations to support.



Are you ready to take control of your shoulder pain?

- ✓ Follow a **step-by-step program** individualized to your needs and goals
- ✓ Learn how to safely and effectively **relieve your shoulder pain**
- ✓ Feel **empowered** and regain confidence in your ability to move freely

Start today with the knowledge and support needed for a stronger, healthier shoulder.

DOWNLOAD THE FULL PROGRAM PDF:

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