

Case # 1834: Shoulder

A high school swimmer entered the office in the middle of her season reporting constant pain in her right shoulder. She also reported pain in her left shoulder as well however the pain was only half as bad as the right shoulder. She was very anxious because she had two big swim meets coming up that she had been working very hard to prepare for; not competing in the swim meets was not an option.

A complete evaluation was performed and it was determined that she didn't have any type of injury that would necessitate a MRI, so treatment began immediately. The heavy yardage that the athlete was performing on a regular basis was determined to be the reason why she injured her shoulder. It was an overuse injury of the shoulder due to the excessive movement of the shoulder. Tendonitis of the shoulder was the diagnosis.

Treatment consisted of MyoFascial Disruption Technique (MFDT) to the shoulder. After two treatments she was allowed back in the water to test the shoulder and by the end of the week she was in the pool competing in the big swim meet she wanted to participate in.