Patient Case – Shoulder

Joanne, 48 years old **-** Right shoulder pain

Clinical history

Approximately three months ago, Joanne began experiencing a dull ache in her right shoulder. There was no history of trauma. The pain has gradually worsened.

She has worked in an office for 15 years. She exercises regularly at the gym, primarily focusing on strength training. For the past five months, she has been training 4-5 times per week, prioritizing exercises such as bench presses, overhead presses and pull-ups.

The pain is worse after a day involving a lot of work or training with the arms overhead.

She experiences pain when sleeping on the affected shoulder and may feel stiff in the morning.

She has no previous history of injuries, no known medical conditions and takes no medication. She smokes.

She feels well overall and is satisfied with both her work and home situation. She does not experience any stress.