



**ARTHRITIS  
TALKS**

# **Shoulder arthritis: Managing pain and improving mobility**

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# Presenters



**Shawn Brady**

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Arthritis Rehabilitation and Education  
Program (AREP) & Innovation  
Arthritis Society Canada  
(Moderator)



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# Webinar tips

- Use the Q&A section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- Click on the Chat box to connect with other participants and Arthritis Society Canada's chat moderator.
- If you have further issues, email [arthritistalks@arthritis.ca](mailto:arthritistalks@arthritis.ca)

The image shows a webinar interface for Arthritis Society Canada. The main content area displays the organization's logo. Below the logo are two buttons: 'Q&A' and 'Chat'. At the bottom of the interface, there is an 'Audio Settings' button on the left and a 'Leave' button on the right. A yellow callout box points to the 'Audio Settings' button with the text 'Click here to access your audio settings'. Another yellow callout box points to the 'Q&A' and 'Chat' buttons with the text 'Click here to chat or to submit a question'. A third yellow callout box points to a red icon in the top right corner of the interface with the text 'Click on the red icon to exit out of the Q&A or Chat'. A small window titled 'Q&A' is open on the right side, showing a 'Welcome to Q&A' message and a text input field for questions.





**Shoulder  
osteoarthritis**



**Self-management**



**Pain management**



**Q & A**

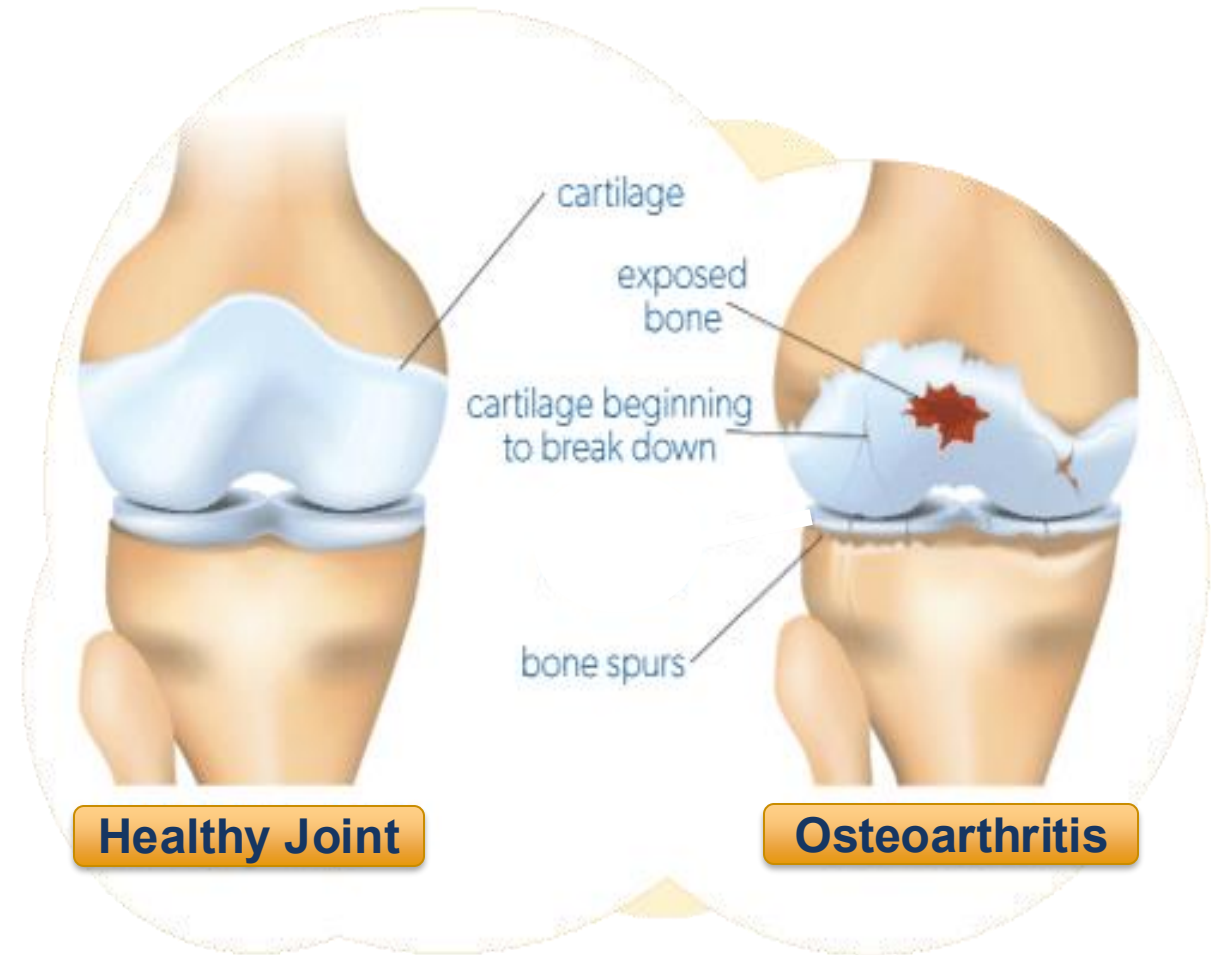




**What causes osteoarthritis in the shoulder?**



# What is osteoarthritis?



# Osteoarthritis risk factors

## CanNOT Change

- Age
- Sex
- Genetics
- Congenital factors
- Joint trauma/injury

## Can Change

- Excess weight
- Muscle weakness
- Inactivity
- Joint trauma/injury

# Osteoarthritis symptoms



**PHYSICAL**



**FUNCTIONAL**



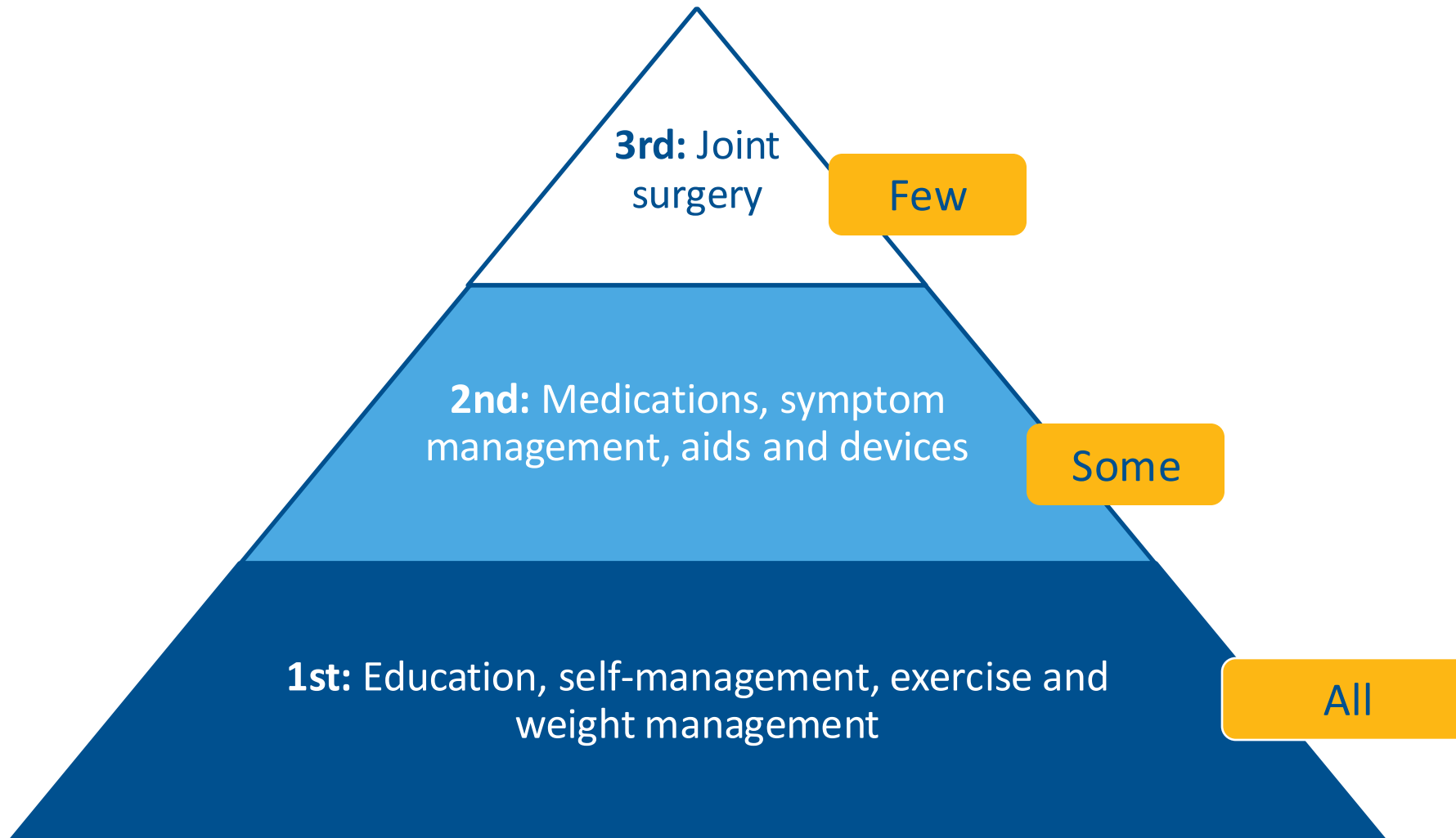
**EMOTIONAL**



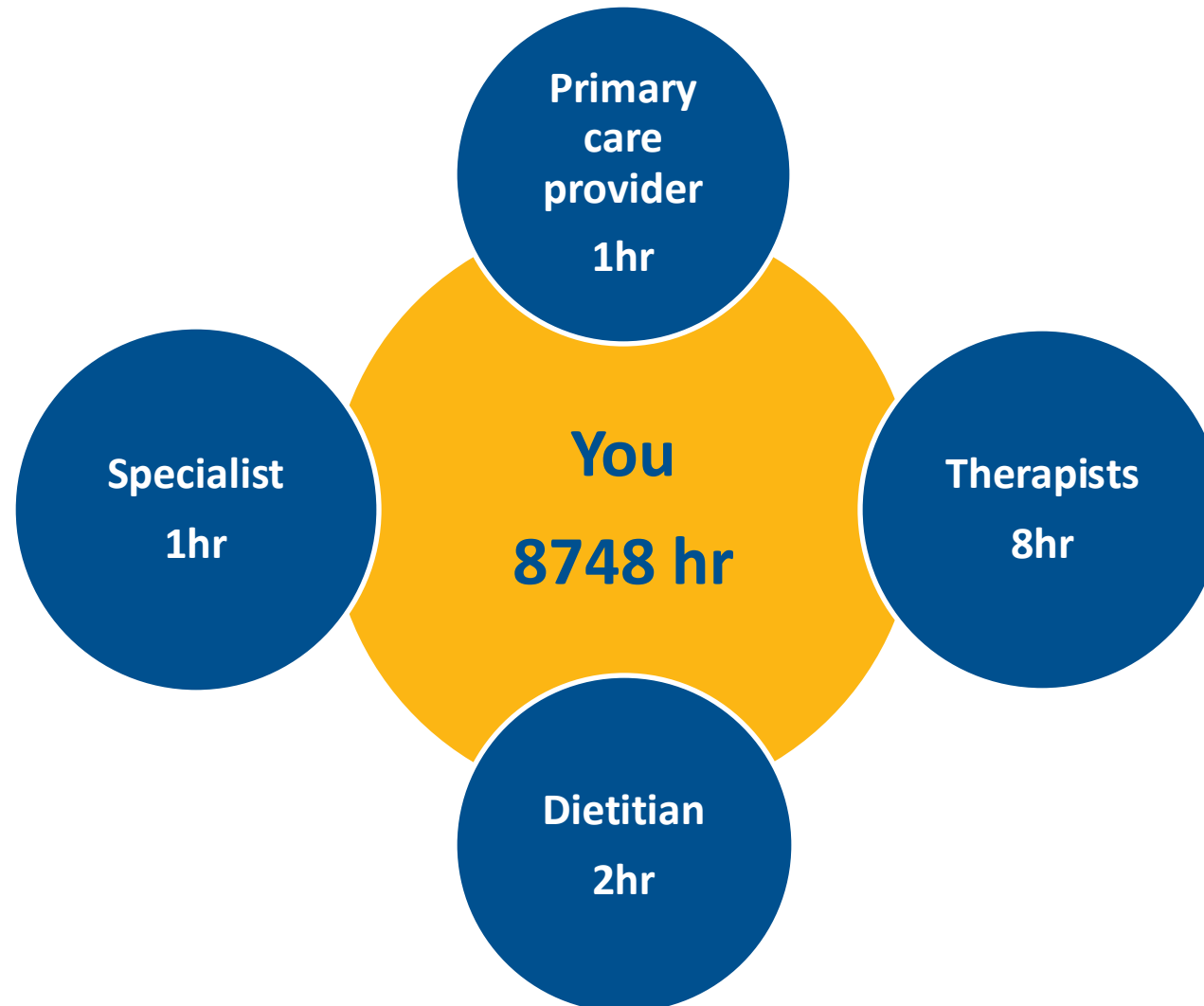
**What self management strategies are beneficial?**



# Osteoarthritis management



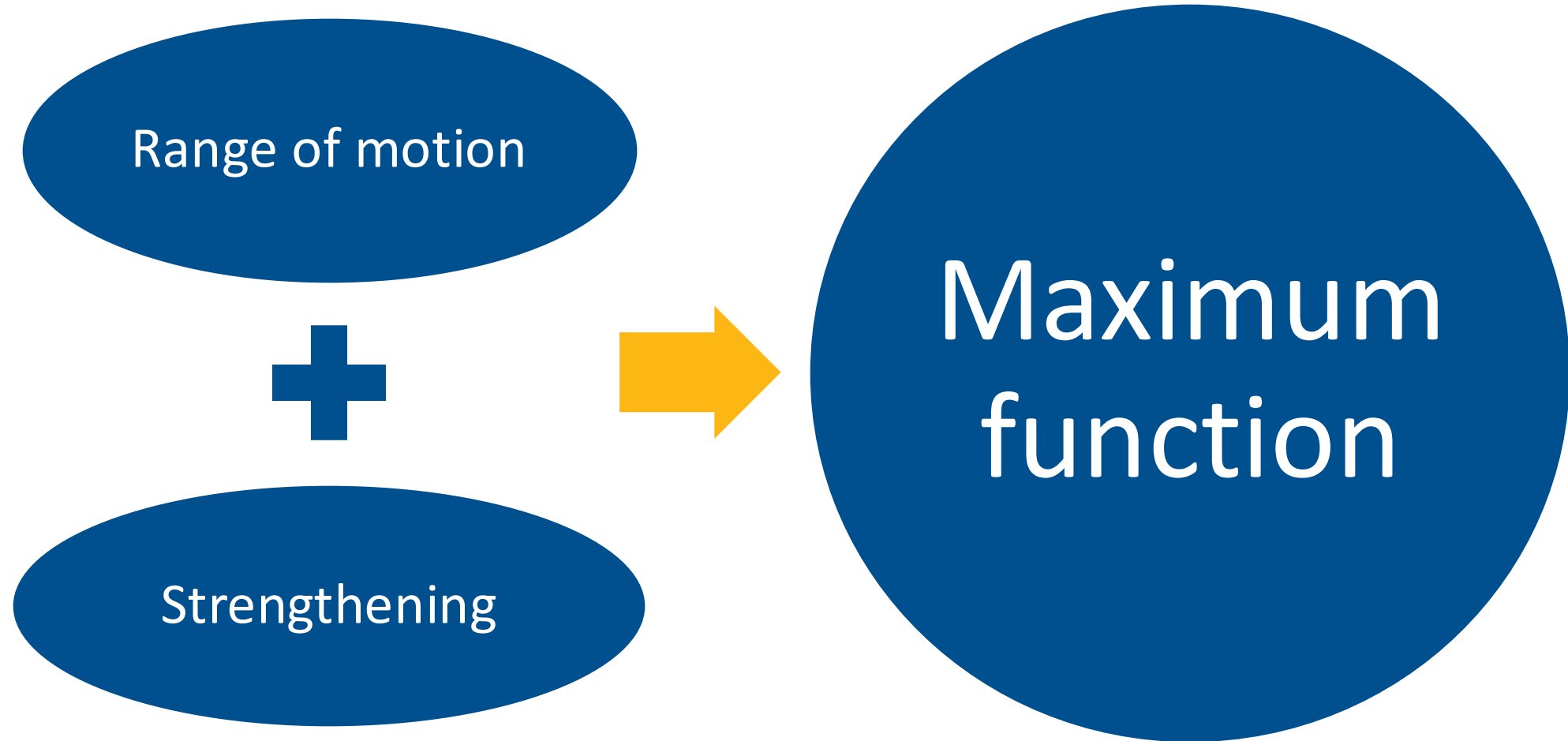
# Self-management: 365 days/year



# Importance of posture



# Benefits of exercise



# Range of motion



# Strengthening



# Exercise safety tips





**What can you do to minimize pain in the shoulder?**



# Sleeping position tips

A



B



C



# Sleep tips



— Painful shoulder



# Box of safety for activity



- Below shoulder level
- Upper arms and elbows close to sides
- Not reaching away from body too much sideways or forwards

# Activity modification

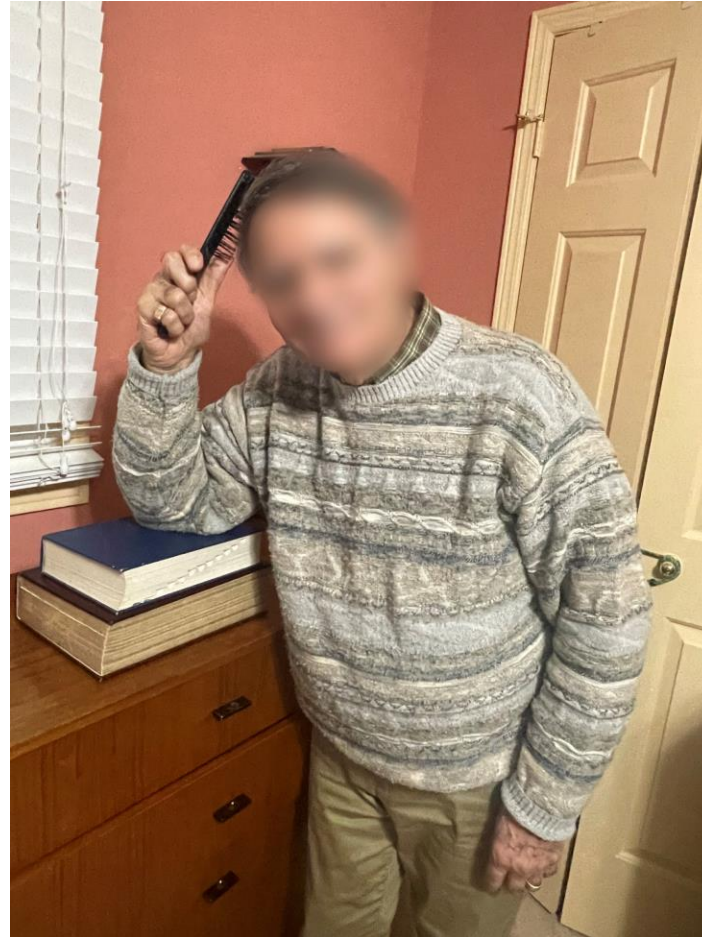
**Rearrange**

**Pace yourself**

**Change method**

**Use devices**

# Activity modification: self-care tips



# Activity modification: self-care tips



# Activity modification: computer tips



**"Rare" Zone**  
26+ inches (~65+ cm.)

**"Occasional" Zone**  
10-20 inches (~25-50 cm.)

**"Usual" Zone**  
up to 10 inches (~25 cm.)



# Activity modification: lifting/carrying tips

**Push**



**Pull**



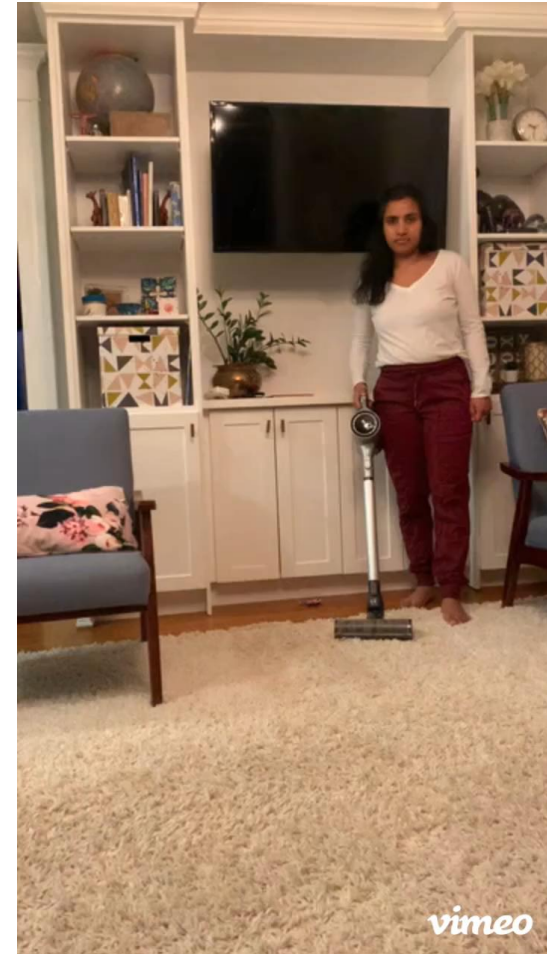
**Slide**



**Wheel**



# Activity modification: housekeeping tips



# Passive pain management



- Ice
- Heat



- Massage
- Mobilization
- Manipulation



- Laser
- Ultrasound
- Acupuncture
- TENS, EMS, IFC

# Heat therapy vs. cold therapy



## HEAT

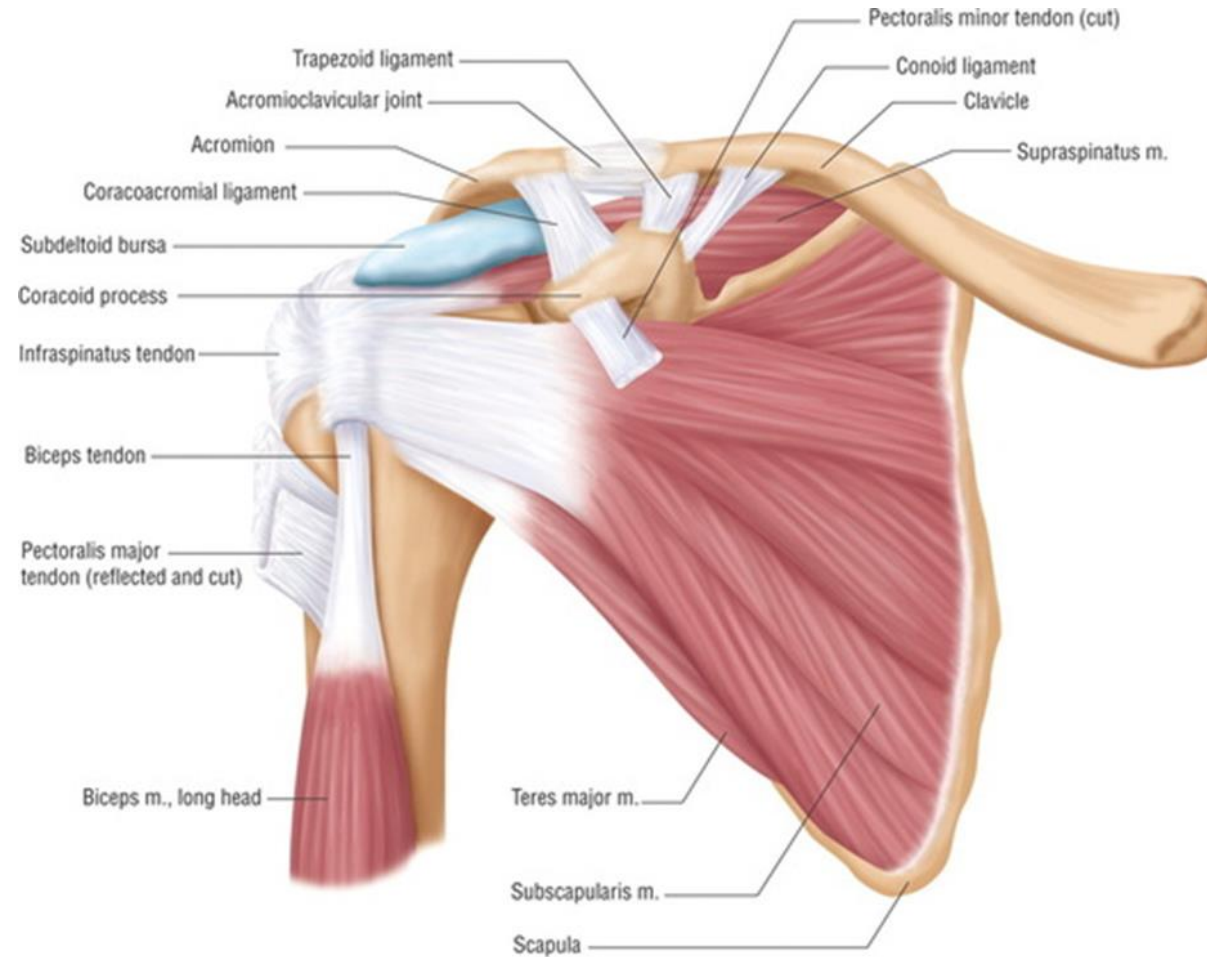
- **15-20 minutes**
- **Increase circulation**
- **Relax muscles**
- **Decrease pain and stiffness**



## ICE

- **10 minutes**
- **Decrease pain**
- **Decrease swelling**

# Pain generators in the shoulder

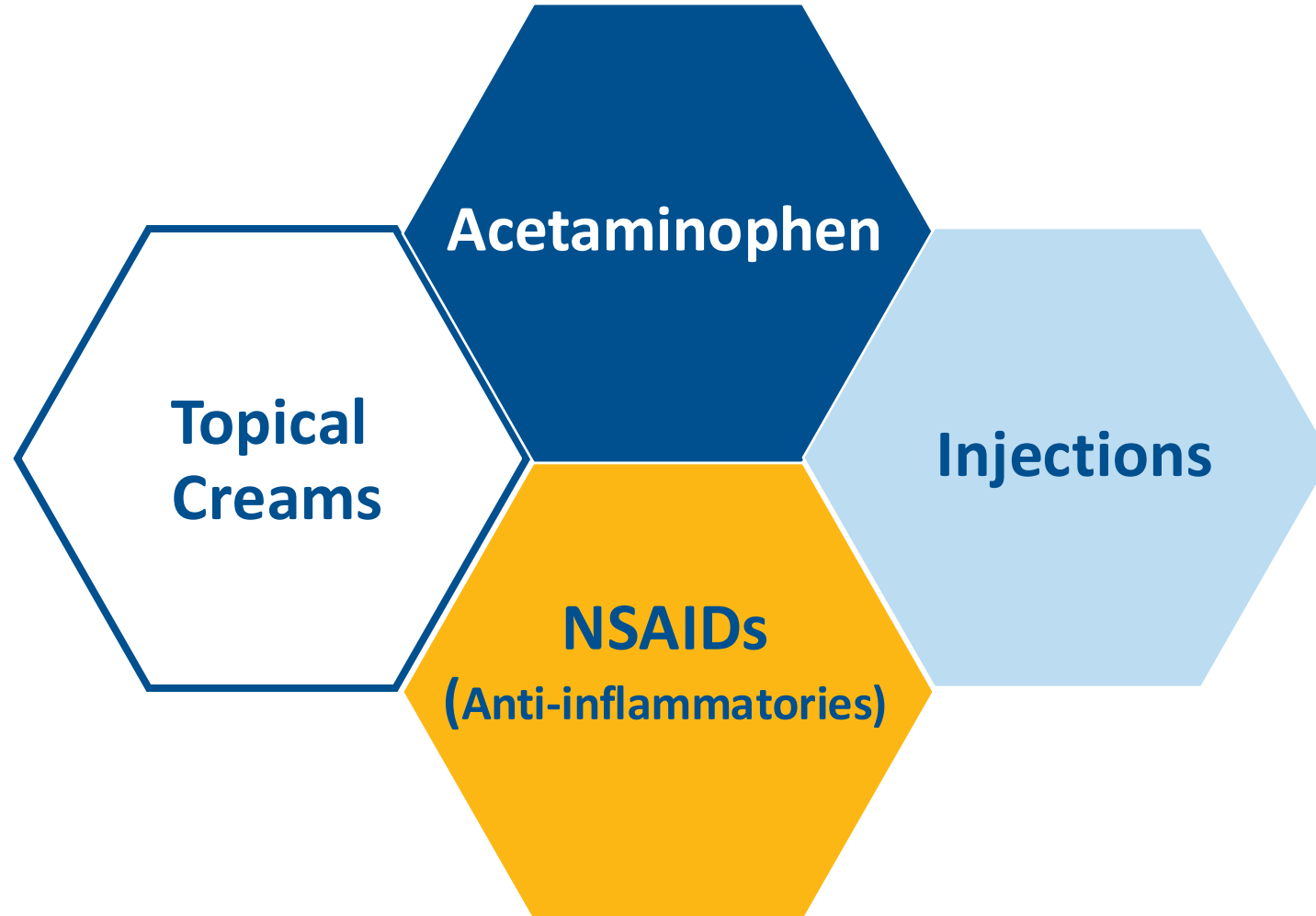




**What medications are available for arthritis in the shoulder?**



# Medications

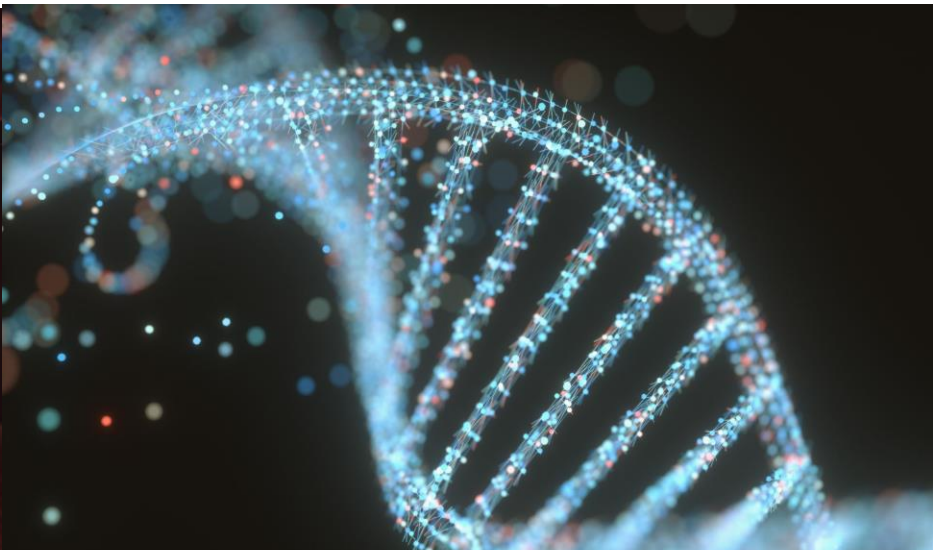
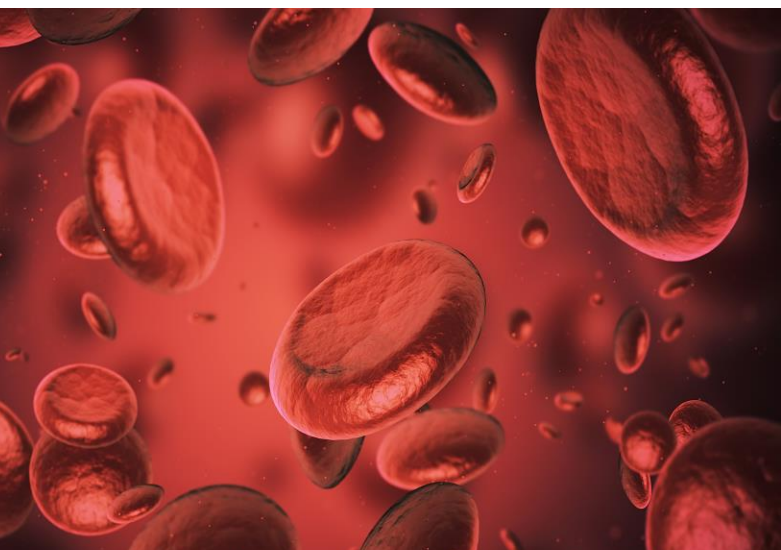




**Q: What excites you about the future for those diagnosed with arthritis today?**



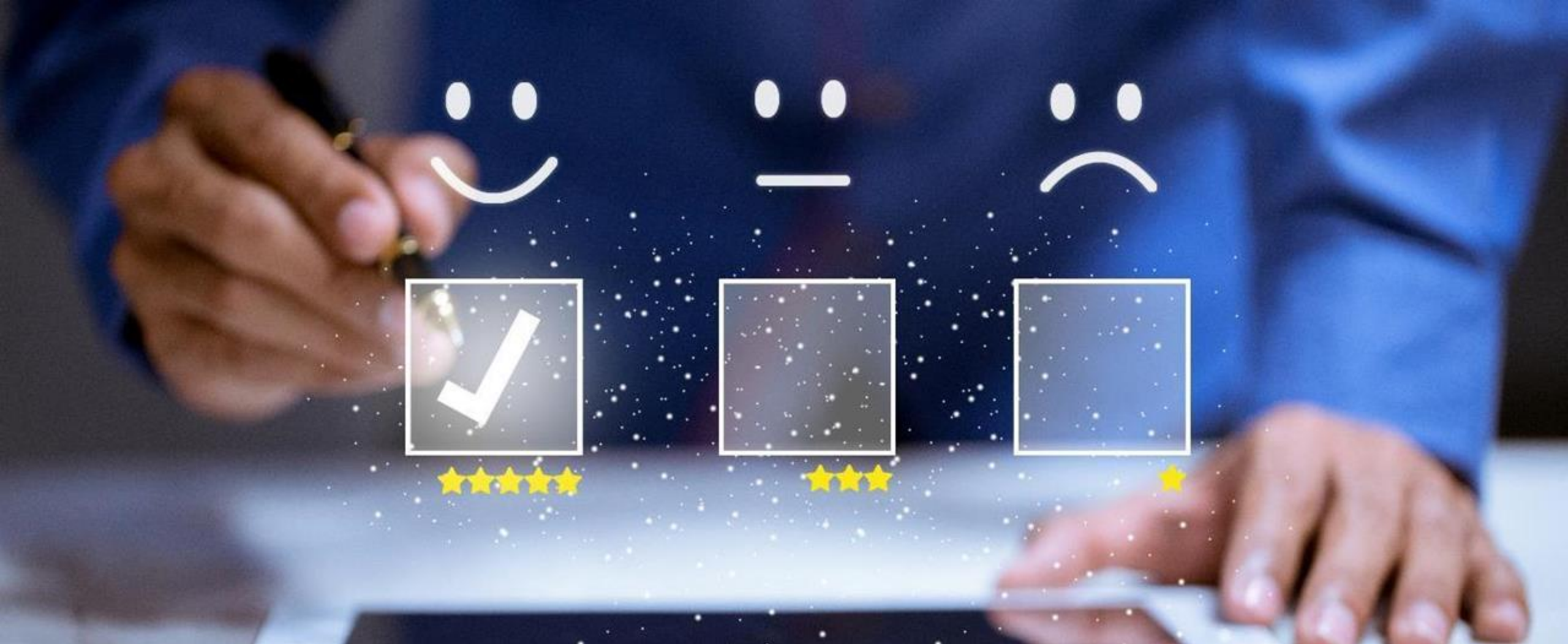
# Innovation and research





# Questions





**Tell us what you think...**



# Catch up on Arthritis Talks



Dr. Jason McDougall

**Medical cannabis and arthritis: What the research shows**



Anna Spillane

**Back pain & spinal osteoarthritis: Causes, relief and practical solutions**



Dr. Iliana Lega and Lalitha Taylor

**Menopause and arthritis: Support, strategies and solutions**



Lauren Macgillivray

**Smart Strategies to Manage Joint Pain & Stiffness**



Dr. May Choi

**Preventing arthritis: What every adult should know**



Dr. Rahim Dhalla

**Arthritis Pain and Medical Cannabis**

