



| RYGG MÄRGS | SKADA

<http://www.ryggmargsskada.se>

The following text is a selection from the website.

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<http://www.rgintegration.se/en/>

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Shoulders and shoulder pain

Shoulder pain is one of the most common problems for people with a spinal cord injury. This is largely due to the increased strain when using a wheelchair or walking aids.

There are different risk factors for shoulder pain, some of which we can influence, such as mobility, wheelchair technology and moving techniques, and some which we cannot influence, for example, age and number of years since the damage. In addition, the muscles around the shoulder may be weakened due to the spinal cord injury; which can lead to instability and further increase the risk of over-strain.

In order to prevent pain from occurring, it is important to maintain as much mobility and strength as possible and to have as good sitting position as possible and balance between rest and exercise. If pain still occurs, rapid diagnosis and treatment are important. Don't wait!