



Shoulder & Arm

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Lauren is the owner of a busy salon in her town. She has three other hairdressers who work in the salon with her so she also feels a fair degree of responsibility for making sure the business stays busy for everyone. She is a master of her craft and has been at it for over years. Recently she has started to have some aching pain in her shoulder which seems to get aggravated with her long days at work. She is starting to feel concerned that this complaint might interfere with her ability to continue working at a high level with her customers.

Her primary discomfort seems to come on late in the day after a lot of work. Her work involves moving around a fair amount, but she also has to stand in one position behind the chair with her arms elevated for long periods.

She has been considering going to see the doctor since this seems to be getting worse. However, she's also very interested in looking at anything that she can do that might address or alleviate the problem so she wouldn't have to see the doctor. She thought massage therapy might be helpful for this problem and is also interested to hear about stretching or exercise options that could be helpful.

- ◆ What are some of the major muscles that are engaged in bringing her arms up into the common position she uses when cutting hair?
- ◆ There is not much space between the underside of the acromion process and the head of the humerus. What are several tissues located in the space that might get pinched when she holds her arms elevated?

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- ◆ Does it seem likely that she might be compressing nerves in the area between the acromion and the humerus?
- ◆ Why is it particularly difficult to palpate the full length of the supraspinatus muscle?
- ◆ What other structures should you be cautious about pressing on when you are attempting to palpate the pectoralis minor?

*Whitney Lowe, LMT
Director, Academy of Clinical Massage*