



**AROUND 34% OF
ADULTS WILL
EXPERIENCE
SHOULDER PAIN**



**CHANGING YOUR
POSTURE AND
CORRECTIVE EXERCISES
CAN ALLEVIATE PAIN**



**INITIAL PAIN CAN LEAD TO
UNHELPFUL PATTERNS OF
MOVEMENT THAT DRIVE
YOUR PAIN**



SHOULDER PAIN



**INJECTIONS MAY
ONLY BE USEFUL
IN THE EARLY
STAGES OF PAIN**



**EXERCISE AND LOAD
MODIFICATION IS THE MOST
EFFECTIVE TREATMENT FOR
SHOULDER PAIN AND
PREFERRED TO SURGERY**



**TAPING CAN BE USED AS
AN ADJUNCT TO
EXERCISE TO PROMOTE
GOOD POSTURES AND
RELIEVE PAIN**

Book your next appointment
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