

Client success story

An Exercise Program for Neck & Shoulder Strain

Injury/Condition:
Bilateral Shoulder Strain
& Cervical and Thoracic
Spinal Strain

The program:

- ◆ 7 supervised gym-based reviews completed over a nine-week period
- ◆ Provision of a targeted gym-based exercise and conditioning program
- ◆ Inclusion of recreational, meaningful activity-focused sessions



Profile at initial assessment
33 year old female

- ◆ Previous bilateral wrist strain
- ◆ After conducting a high volume of physically demanding work duties, began noticing pain transitioning from her forearms towards her shoulders, settling in her shoulders and neck
- ◆ Returned to Physiotherapy treatment following the incident; however, ceased this treatment with reported minimal resolution of symptoms



Key Health Marker outcomes:

- ◆ **3 point improvement** in maximal pain scores



16% improvement

in the shoulder pain and disability index scores

- ◆ Moderate reduction in risk of delayed / protracted return to work
- ◆ Post-program return to pain free, full range of motion in both the neck and shoulders
- ◆ Significant increase in functional capacity demonstrating increases in strength, endurance and carrying capacity to allow for a return to pre-injury duties

Key RTW outcomes:

Ceased work

17 June 2021

At program commencement

31/08/2021: Certified fit for modified duties at full-time hours

At program completion

26/10/2021: Certified fit for full capacity for work on 20/10/2021

Other reported benefits from the program:

- ◆ Demonstrated excellent adherence to the exercise program, attending the gym more than 3 times a week
- ◆ **Re-engagement in previously enjoyed hobbies** and recreational activities
- ◆ At program completion, reported feeling **empowered and extremely confident** to maintain exercise program **independently**



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