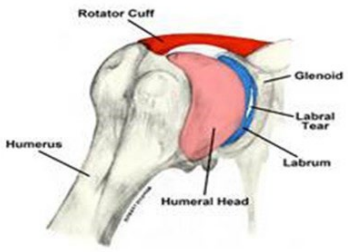
MetLife | Return to Health

Shoulder Pain

Conditions affecting the shoulder may be caused by an injury or from general wear and tear on the joint and surrounding structures.[1]



Actions to consider to reduce potential shoulder strain and injury:[2]



Common diagnoses related to shoulder pain:

- Bursitis/tendinitis
- Impingement syndrome
- Adhesive capsulitis
- Arthritis Rotator cuff syndrome/tear

Employers and their employees can work together to identify changes that can potentially reduce the risk of shoulder pain.

- Perform pre-shift stretching to increase circulation and elasticity of the muscles and tendons
- Request and participate in refresher training regarding proper lifting techniques to reduce stress on neck and shoulders
- Adopt good health habits and keep the body fit for work
- Seek out employer benefits, such as gym discounts and trainings on diet and exercise

How can employers partner with employees to help prevent injury?[1]

- Forearm rests for fine motor tasks
- Training to educate on muscle fatigue
- Temporary job modifications
  - Two person lifts
  - Shared job responsibilities
  - Alternating tasks with different physical demands
- Limit the time/frequency of repetitive tasks
- Utilizing equipment to reduce strain
  - Sit-stand workstations
  - Padded floor mats
  - Alternate seating / ergonomic chairs

The information contained herein is for purely informational purposes only, and is not intended to present medical, occupational, or therapeutic advice.

1. Middlesworth, M. Shoulder Injury Prevention 101. https://ergo-plus.com/shoulder-injury-prevention-101/
2. Rotator cuff tendinopathy (nd) taken from MDGuidelines https://app.mdguidelines.com/health-advisor/mda%2Frotator-cuff-syndrome

Navigating life together

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