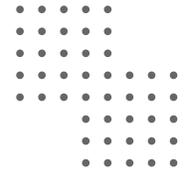
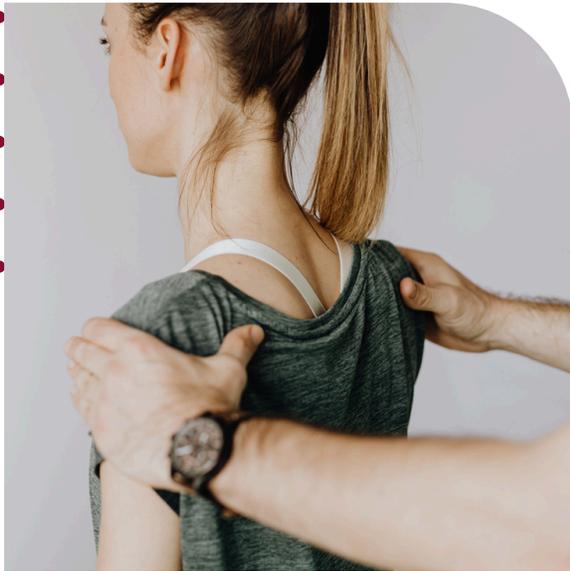


SHOULDER PAIN





It Started as a Pinch. Now it's a Problem.

You probably didn't have a major accident. You didn't crash your bike or fall down the stairs. It likely started as a dull ache after a long day of yard work, or a sharp "catch" when you reached into the backseat of your car.

At first, you ignored it. You thought, "I just slept funny" or "I'm just getting older."

But now, putting on a jacket is a struggle. Reaching for the top shelf in the kitchen is impossible. And sleeping on your side? Forget about it.

You are not alone.

Shoulder pain is one of the most common reasons patients walk through the doors at HealthQuest. Often, the culprit is Shoulder Impingement—a condition where the tendons of your rotator cuff get "pinched" between the bones of your shoulder.

The good news? It is highly treatable. The bad news? If ignored, it can lead to tears, frozen shoulder, and chronic loss of motion.

**Take the assessment below
to see where you stand.**

The Checklist

IS IT IMPINGEMENT? TAKE THE QUIZ.

Check the box next to every symptom you currently experience or have experienced in the last 30 days.

1. The "Painful Arc"

Does your shoulder hurt specifically when you lift your arm out to the side, usually starting around shoulder height and getting worse as you go higher? (This is the classic sign of tissues getting pinched under the shoulder blade).

2. The "Seatbelt Reach"

Do you feel a sharp pain or a catch when you reach across your body (like grabbing a seatbelt) or reach behind you (like to tuck in a shirt, reach for a wallet or fasten a bra)?

3. The Nighttime Throb

Is it difficult to fall asleep? Do you find yourself waking up in the middle of the night because you rolled onto the affected shoulder?

The Checklist

4. Weakness, Not Just Pain

When you lift a gallon of milk or a heavy bag of groceries, do you feel like your arm might just "give out"? Does the arm feel surprisingly heavy?

5. Pain at the "Deltoid Insertion"

Do you feel a dull, aching pain on the top outside of your upper arm? Many people mistake this for muscle soreness, but it is often "referred pain" from the rotator cuff.

6. The "Click" or "Pop"

Do you feel a mechanical clicking or popping sensation when you lower your arm from an overhead position?

7. Stiffness in the Morning

Does your shoulder feel "rusty" or stiff for the first 15–30 minutes of the day, requiring you to move it around before it feels loose?

The Results

WHAT YOUR SCORE MEANS

If you checked 0–2: **MONITOR CLOSELY.**

Your shoulder may simply be irritated from a temporary strain. Focus on posture, keep your chest up, and avoid heavy overhead lifting for a few days. If the pain persists for more than a week, schedule a free assessment.

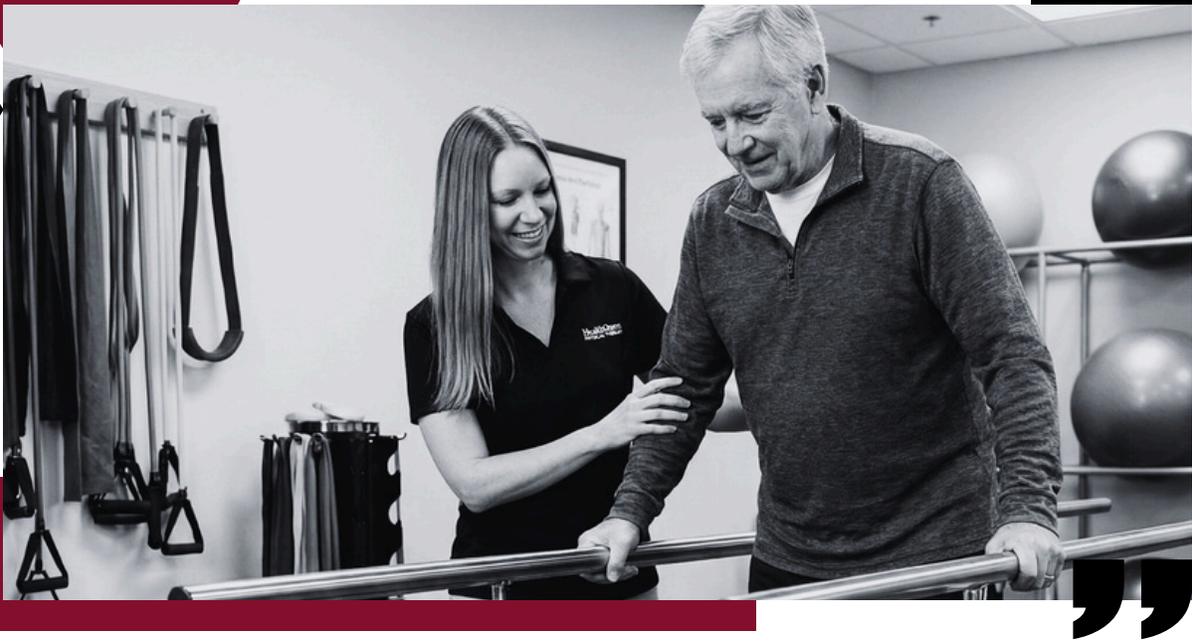
If you checked 3 or more boxes: **HIGH PROBABILITY OF IMPINGEMENT.**

Your symptoms are consistent with shoulder impingement or early-stage rotator cuff irritation. **Caution:** Ignoring these signs usually results in the "cycle of inflammation."

1. The tendon swells.
2. Because it is swollen, it gets pinched more easily.
3. Because it gets pinched, it swells more and may lead to tearing.

The Solution: You need to break the cycle. Resting alone rarely fixes the mechanical issue that caused the pinching in the first place (such as tight pectorals, a weak scapula, or poor joint mobility).





The HealthQuest Difference

WHY "JUST RESTING" WON'T FIX MECHANICS

At HealthQuest Physical Therapy, we don't just treat the pain; we address the cause. Our free assessments will identify the underlying issues that are contributing to the pain and limited function you are experiencing and is designed to get you back to your life without surgery or meds.

If you are suffering from the symptoms on this checklist, our individualized treatment plan can help by:

- **Decreasing pain & restoring mobility/movement:** Using manual techniques such as joint mobilization, soft tissue massage (IASTM) & dry needling helps reduce pain/inflammation & improve mobility.
- **Strengthening:** Resistance training to the scapular & rotator cuff muscles give your shoulder a stable base to operate from.
- **Home Exercise Program (HEP):** These stretching & strengthening exercises are for you to do on your own while in therapy to maximize your outcome.





Don't Let a "Click" Become a "Tear."

If you checked more than 3 boxes on the quiz, waiting is the enemy of recovery. The longer the impingement lasts, the higher the risk of a rotator cuff tear.



Get Answers for Free

We offer a **Free Assessment** at our locations. In just 15 minutes, a licensed Physical Therapist will:

1. Screen your range of motion.
2. Discuss your specific checklist results.
3. Let you know if Physical Therapy is the right solution for you.

BOOK YOUR FREE ASSESSMENT NOW

No referral needed. No obligation. Just answers.

