



Working With Shoulder Injuries in Agriculture

AgrAbility Virtual National Training Workshop
January 30, 2019
12:00 p.m. EST

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Basic Webinar Instructions

- Audio available through computer or phone.
- Check sound via Communicate menu at top left
- Closed captions: use arrow to expand or contact the Media Viewer window. You may have to enter some log-in information.
- Expand/contract any of the windows in the right-hand column with the arrows. May need to do this to see video of presenter.
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Basic Webinar Instructions

Questions and comments

- Go to the Chat option in the right-hand column. Please send to “All Panelists”. Enter message in box below TO and hit return. You may enter questions about the presentation at any time.
- In addition, during the Q & A period, if you have a web microphone, click the “Raise Hand” icon to indicate that you have a question. We will enable your microphone or phone connection.

Basic Webinar Instructions

- Please let me know if more than one person is viewing at your computer
- 4 quick survey questions + opportunity to share comments
- Session recorded and archived with PowerPoint files at www.agrability.org/Online-Training
- Problems: use chat window or email jonesp@purdue.edu



AgrAbility: USDA–sponsored program that assists farmers, ranchers, and other agricultural workers with disabilities.

■Partners land–grant universities with disability services organizations. Currently 20 state projects

■National AgrAbility Project: Led by Purdue’s Breaking New Ground Resource Center. Partners include:


○Goodwill of the Finger Lakes

○APRIL (Association of Programs for Rural Independent Living)

○Colorado State University

○Washington State University

■More information available at www.agrability.org



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Who is Hulst Jepsen Physical Therapy?

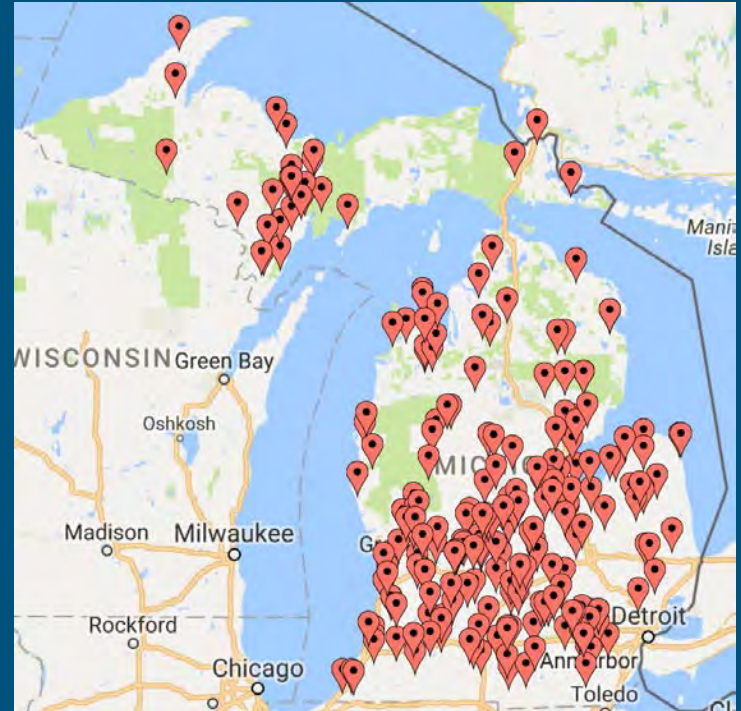
Largest independent, locally-owned PT practice in West Michigan. Our mission is to glorify God by loving our neighbor. We love our neighbor by providing the highest level of PT care and custom service.



Who is Michigan AgrAbility?

Michigan AgrAbility is a non-profit that helps farmers with serious medical conditions to keep working.

We are a partnership between Michigan State University Extension and Easterseals Michigan.



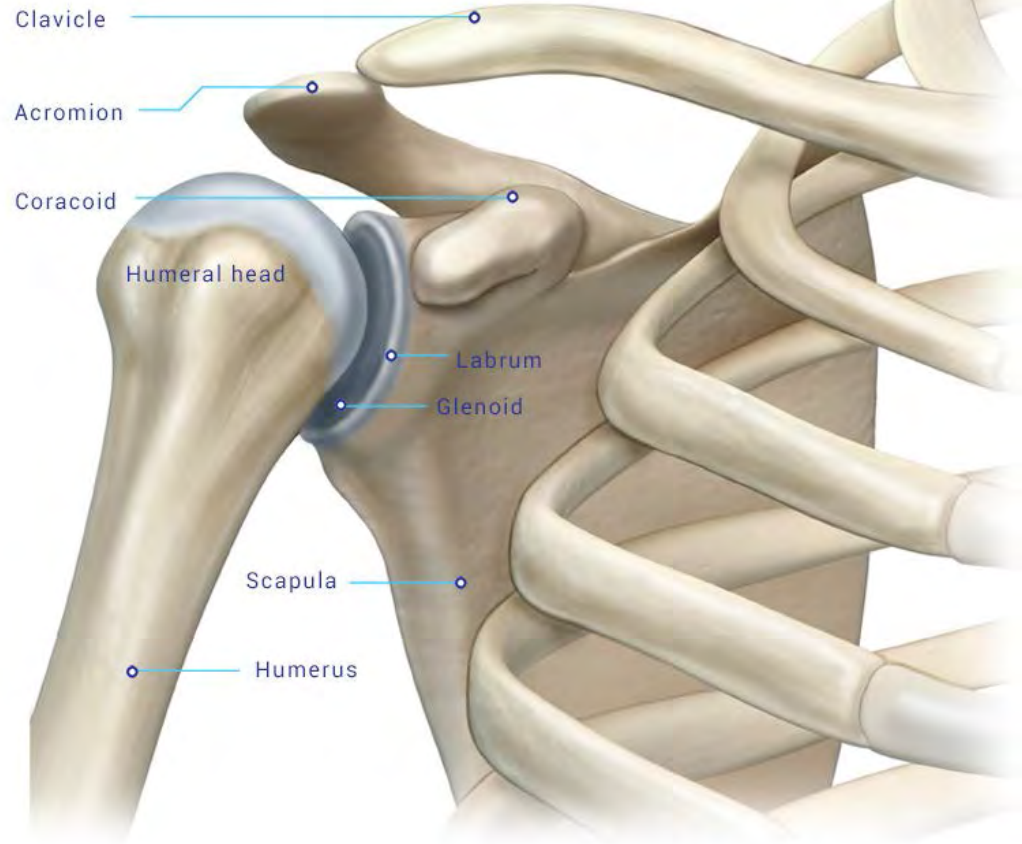
Understanding Shoulder Pain

- Common
- More than \$7 billion spent annually on shoulder pain
- A life time prevalence of up to 70% of the population – according to NCBI
- Your cost can be anywhere from \$6,000 to upwards of \$20,000 ie: RCR

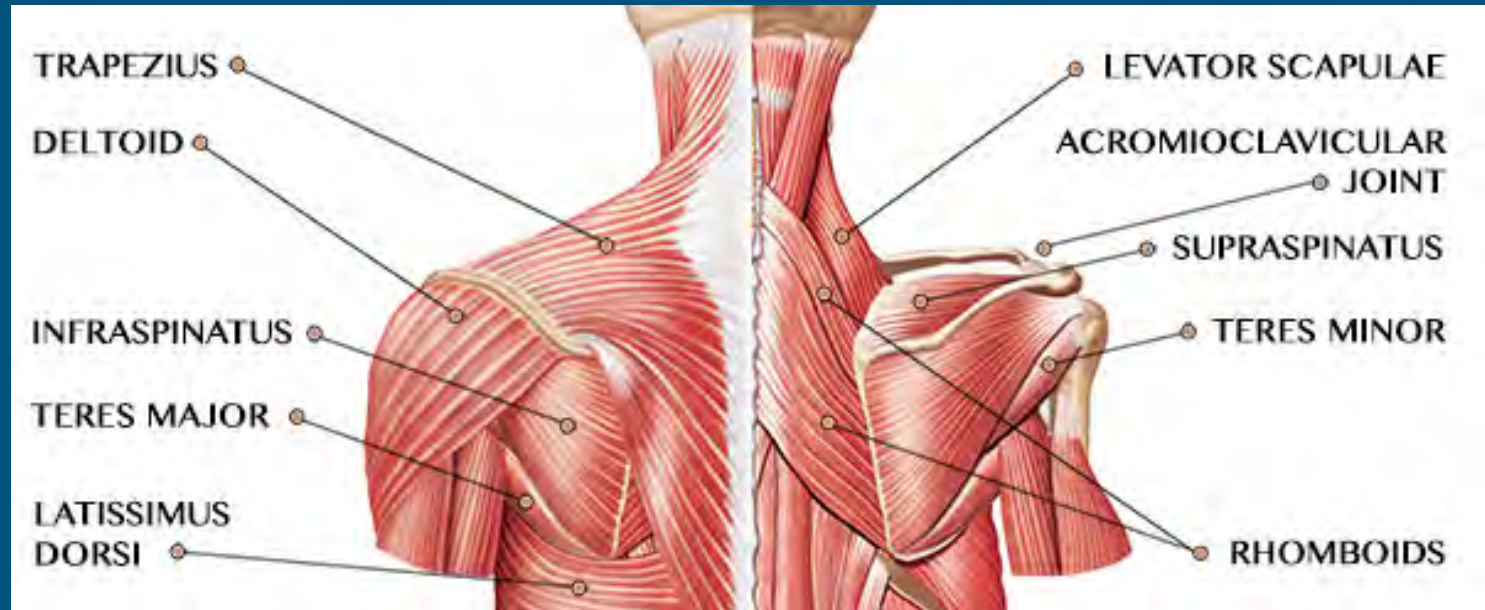
Common Causes of Shoulder Pain

- Repeated trauma
- Lack of shoulder strength
- Lack of range of motion
- Awkward positions / repeated motions
- Poor posture

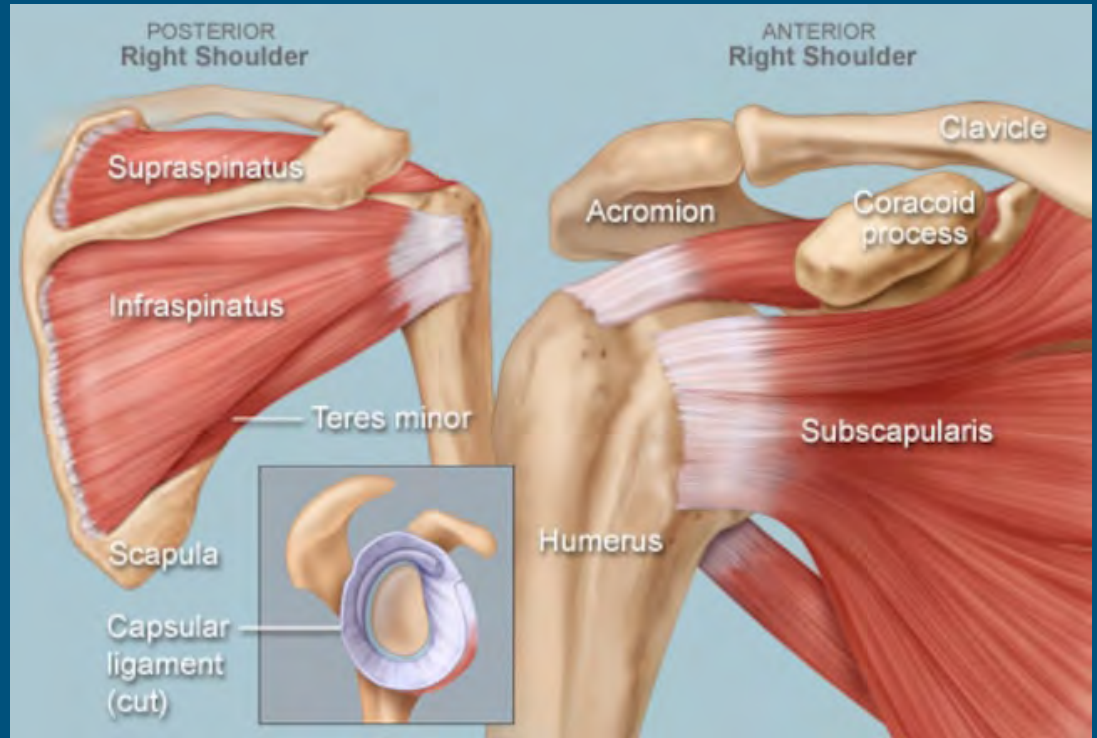
The Shoulder



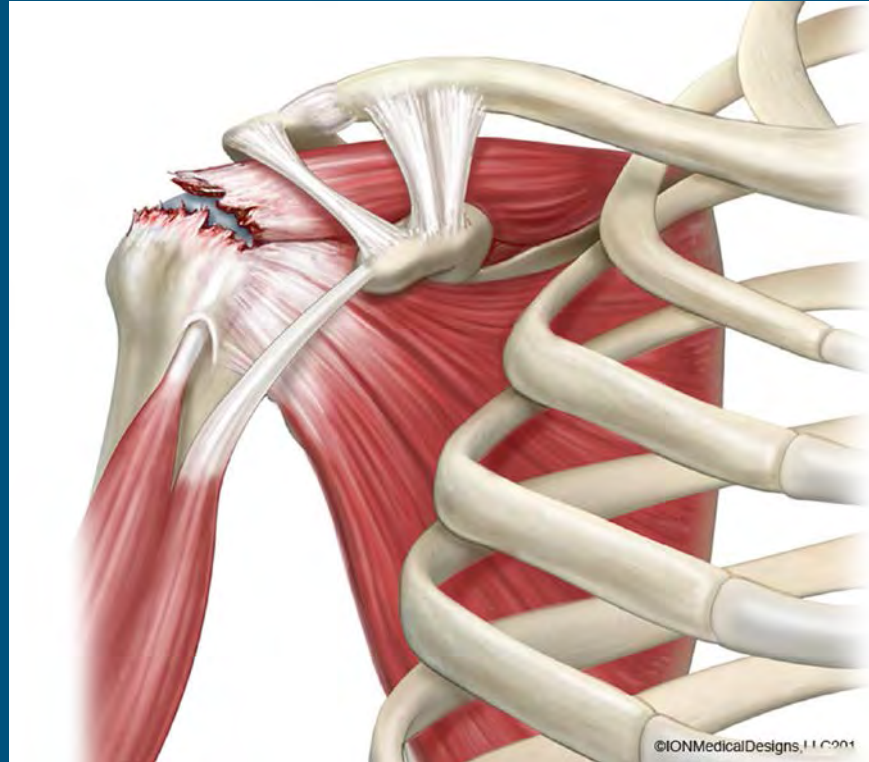
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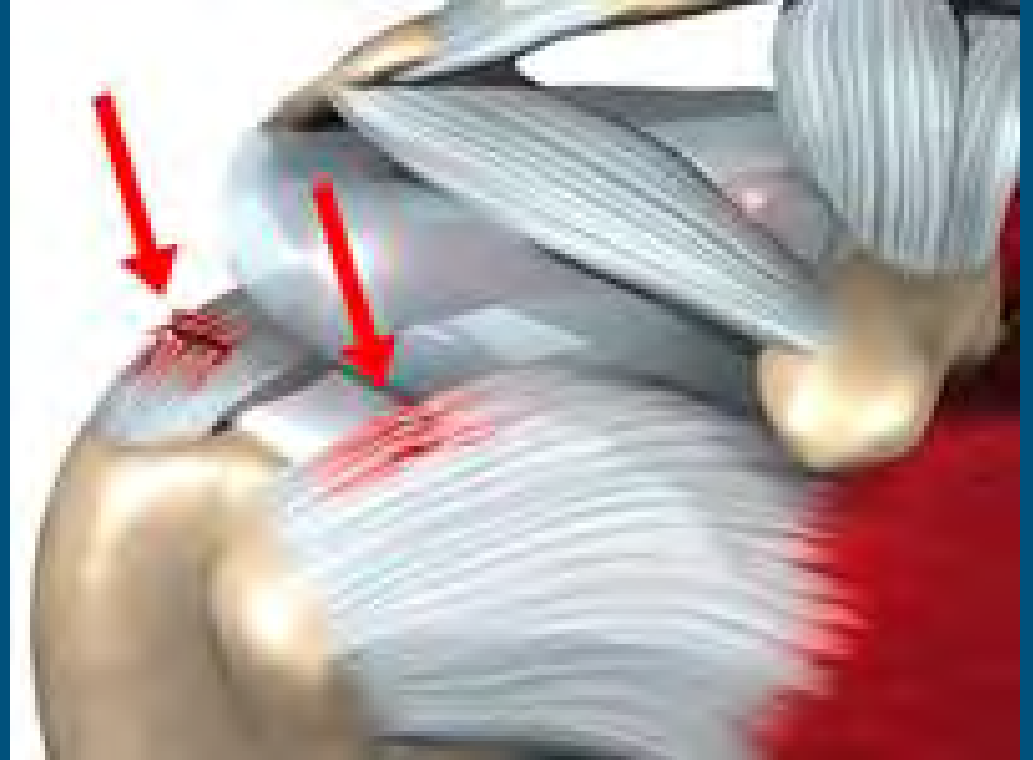
The Shoulder



Common Injuries – Rotator Cuff Tear

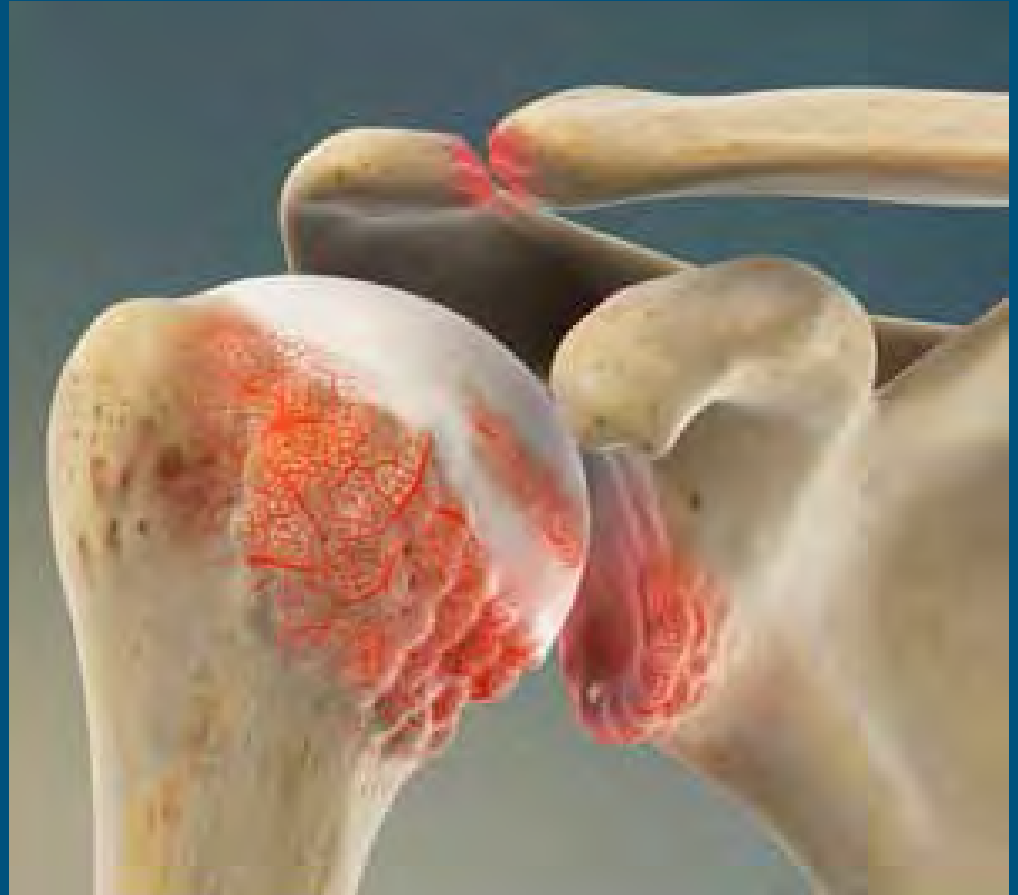


Common Injury: Tendonitis

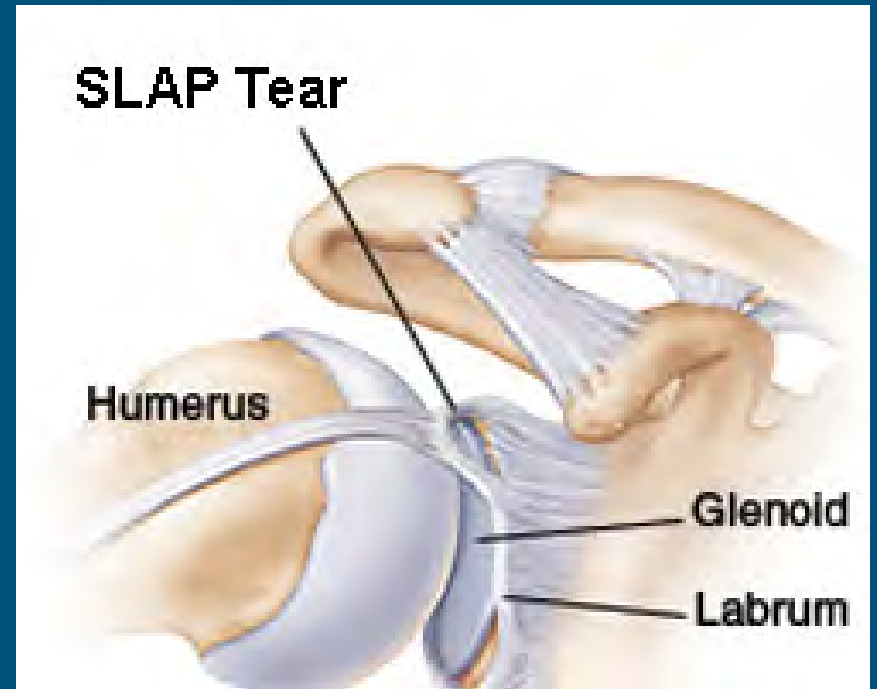
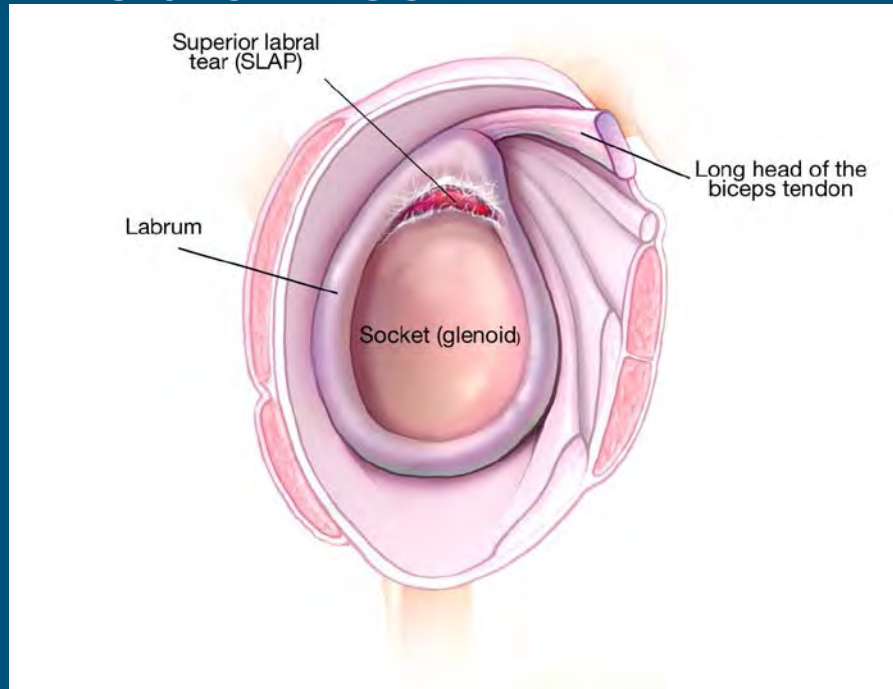


HULST JEPSEN
PHYSICAL THERAPY

Osteoarthritis

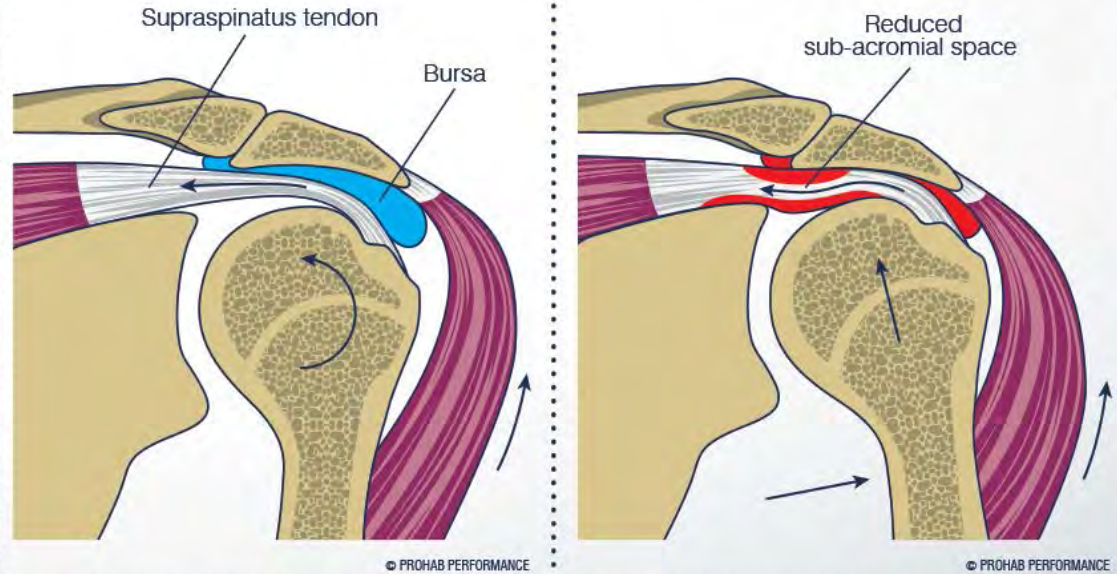


Labral Tear



Impingement

SHOULDER IMPINGEMENT SYNDROME



HULST JEPSEN
PHYSICAL THERAPY

Neck Involvement



Observations of Farmers and their pain

- Do not take “rest” days
- Work through pain and push their body too hard
- Difficult to change habits
- Small injuries become large injuries
- Live with the pain
- Major surgery

Traditional Treatments

- Rest
- Medication – anti-inflammatory, steroids, muscle relaxors
- Physical therapy
- Chiropractic treatment
- Accupunture / dry needling
- Injections
- Minor / major procedures



Strategies to Reduce Shoulder Pain

- Shoulder strengthening
- Exercises before and after work tasks
- Wellbeing – weight loss, eating well, rest (not sleep)
- Avoid or modify certain activities
- Stretching/range of motion

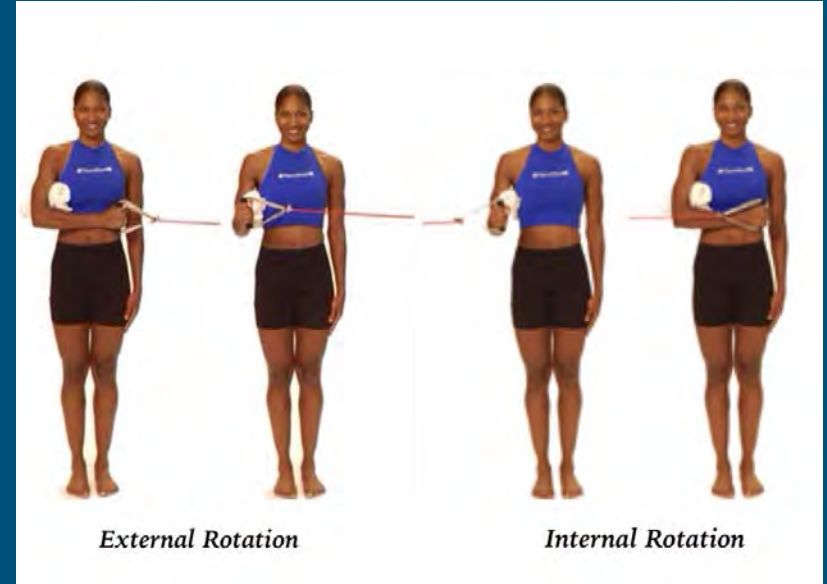
Exercises to Reduce Shoulder Pain – Posture focus



Exercises to Reduce Shoulder Pain



Exercises to Reduce Shoulder Pain



Working With Shoulder Injuries

What tasks make your shoulder pain worse?
Better? Make a list & accommodate.

1. Does the job have to be done?
2. Can it be done a different way?
3. Can it be traded with another worker?
4. Is there a tool to help reduce the pain?
5. Could you adapt a tool to help reduce the pain?
6. Could you design a new tool to help reduce the pain?

Work Environment Sprayers



Work Environment Sprayers



Work Environment Sprayers



Work Environment Sprayers



Work Environment Sprayers



Work Environment Sprayers



Work Environment Climbing



Work Environment Climbing



Work Environment Climbing



Work Environment Climbing



Work Environment Climbing



Work Environment Pruning



Work Environment Pruning



Work Environment Picking



Work Environment Picking



Work Environment Weeding



Work Environment Weeding



Work Environment Work Shop



Work Environment Work Shop



Work Environment Work Shop

https://www.completetractor.com/new-power-steering-conversion-kit-for-ford-tractor-5000/?mrkgcd=1181&mrkgadid=3279220754&adpos=1o1&creative=255472071278&device=c&...



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Work Environment Livestock



Get Help Before It's Too Late!

What should I do with new incidence of shoulder pain? Acute.

- Rest,
- Ice,
- Anti-inflammatory medication, &
- Avoid activities that cause the pain
- Seek professional help if no pain reduction in a week

Get Help Before It's Too Late!

What should I do with chronic pain?

- Take a break and modify activities that produce pain
- Change position or use the other hand for 5 minutes per ½ hour
- Stretch and exercise to reduce pain
- Seek professional help
- Adapt equipment and work environment to relieve pain

Questions?



Ned Stoller

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Assistive Technology Specialist

www.MichiganAgrAbility.org



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