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.
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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
Working With Shoulder Injuries in Agriculture

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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 lifetime prevalence of up to 70% of the population – according to NCBI
- Your cost can be anywhere from $6,000 to upwards of $20,000 i.e.: 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
The Shoulder

TRAPEZIUS
DELTOID
INFRASPINATUS
TERES MAJOR
LATISSIMUS DORSI

LEVATOR SCAPULAE
ACROMIOCLAVICULAR JOINT
SUPRASPINATUS
TERES MINOR
RHOMBOIDS
The Shoulder
Common Injuries – Rotator Cuff Tear
Common Injury: Tendonitis
Osteoarthritis
Labral Tear

Superior labral tear (SLAP)

Long head of the biceps tendon

Socket (glenoid)

Humerus

Glenoid

Labrum

SLAP Tear
Impingement

Supraspinatus tendon

Bursa

Reduced sub-acromial space
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
- Accupuncture / 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

External Rotation

Internal Rotation
Working With Shoulder Injuries


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
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Work Environment Sprayers
Work Environment Sprayers
Work Environment Sprayers
Work Environment Climbing
Work Environment Climbing
Work Environment Climbing
Work Environment Climbing
Work Environment Climbing
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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?

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