# Presented by Colin Sisco and the shoulder pain specialists at Kaizen Physical Therapy***.***

1. What is the rotator cuff?
   1. The rotator cuff is a group of muscles and tendons that the shoulder.
   2. The shoulder is a and joint.
   3. These 4 areas work together during shoulder movement:
2. Who is Colin Sisco? And how did he come to specialize in shoulder and rotator cuff treatment?
3. The Top 3 Common Causes of Shoulder Pain
   1. Problem in the .
   2. I .
   3. Poor .
4. Back to Normal: First Steps
   1. If your shoulder pain is re , then it’s re !
   2. In the past 30 days, the worst pain I’ve had was…
   3. I have pain when (circle all that apply):

Lifting Carrying Objects Reaching Overhead Reaching Behind My Back Getting Dressed Sleeping

# Presented by Colin Sisco and the shoulder pain specialists at Kaizen Physical Therapy.

1. Pain results in muscle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Muscle weakness means less \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in your shoulder and more pain when you

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. The #1 Biggest Mistake Shoulder Pain Sufferers Make: They it.
2. The 3 Things You Can Do About Your Shoulder Pain *Right Now*
   1. it.
   2. it.
   3. it.
3. What does successful, non-invasive, natural treatment look like?
   1. on PT to the shoulder and surrounding joints.
   2. exercises to muscle memory.
   3. Class IV .
   4. Therapist is focused on the root of your pain and not

just treating .

* 1. Therapist will show you to improve your understanding of your pain.
  2. Therapist will \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to what you tell them.