

University of Puget Sound

Sound Ideas

Physical Therapy Research Symposium

Physical Therapy, School of

Fall 11-4-2019

A Global Perspective of Postural-Related Shoulder Pain (PRSP)

Zoe Geiger

University of Puget Sound - School of Physical Therapy

Kiley Pinder

University of Puget Sound - School of Physical Therapy

Kasey Cottrill

University of Puget Sound - School of Physical Therapy

Holly Roberts

University of Puget Sound

Follow this and additional works at: <https://soundideas.pugetsound.edu/ptsymposium>



Part of the [Physical Therapy Commons](#)

Recommended Citation

Geiger, Zoe; Pinder, Kiley; Cottrill, Kasey; and Roberts, Holly, "A Global Perspective of Postural-Related Shoulder Pain (PRSP)" (2019). *Physical Therapy Research Symposium*. 51.

<https://soundideas.pugetsound.edu/ptsymposium/51>

This Poster is brought to you for free and open access by the Physical Therapy, School of at Sound Ideas. It has been accepted for inclusion in Physical Therapy Research Symposium by an authorized administrator of Sound Ideas. For more information, please contact soundideas@pugetsound.edu.

A Global Perspective on Postural-Related Shoulder Pain (PRSP)

Kasey Cottrill, SPT, Zoe Geiger, SPT, Kiley Pinder, SPT,
Holly Roberts, PT, DPT, GCS, NSC

Background:

During a physical therapy (PT) service trip to Zacapa, Guatemala, in March 2019, ten of 106 patients were treated for symptoms of PRSP. Their pain was often exacerbated by repetitive work-related tasks performed with poor posture such as doing laundry by hand, carrying loads overhead, manual labor, and childcare. Patients were treated by students with interventions including prescription of strengthening exercises as well as education on ergonomic and postural adjustments during work-related activities.

A brief review of the literature was performed to determine the global prevalence of PRSP, common activities contributing to pain and disability, and effective intervention strategies in order to create an informational handout to aid in the treatment and prevention of PRSP in individuals living in Zacapa. The intention is to send this handout with the next group of student physical therapists travelling to Zacapa to distribute to patients and clinic sites.

Populations experiencing PRSP:

- Ethiopian school teachers
- Filipino migrant workers in Malaysia
- Chinese medical staff working in obstetrics and gynecology
- Parents and homecare workers in the United States and Ireland

Reported activities contributing to PRSP:

- Rice cultivation
- Working in fruit fields
- Poorly designed work-stations
- Repetitive work with arms overhead

Effective interventions for treatment of PRSP:

- Education and interventions on ergonomics and posture
- Regular physical exercise
- Active muscle training
- Muscular endurance training
- Biofeedback training
- Patient-specific physical therapy interventions

Physical therapy has been shown to be an effective intervention for PRSP but access to skilled PT is often limited in rural and developing regions.

Developing a handout for the subsequent service learning trips to Zacapa, Guatemala will help accommodate the limited access to skilled PT by providing an accessible home exercise program.

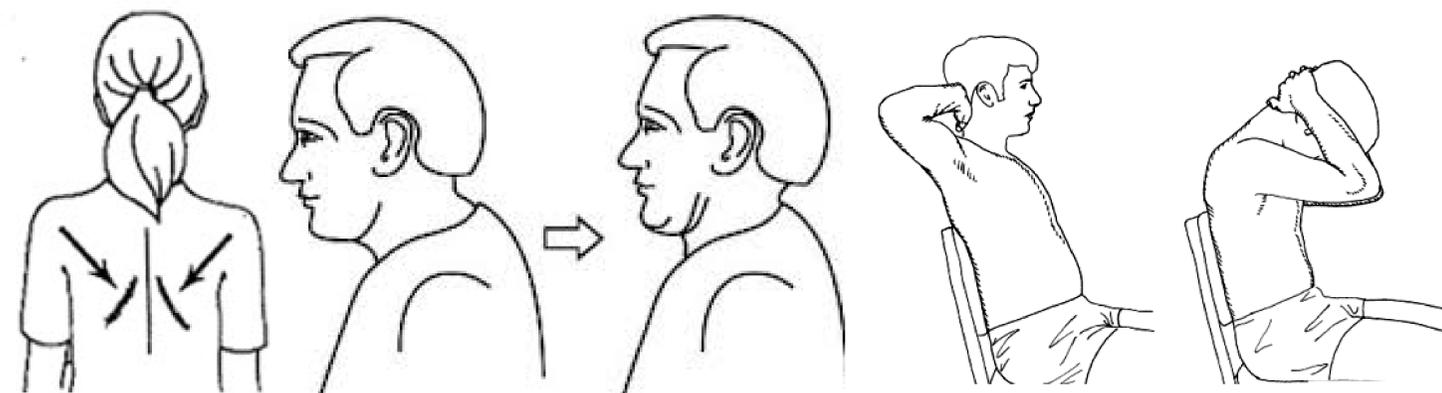


Figure 1. Selected exercises from PRSP handout.

