



# Case study: Shoulder Pain

June 2018



### About Leon

Hi My names Leon and I'm a scaffolder/bodybuilder. I also help instruct a Bootcamp during the week for Jake Wood personal training.

As you can imagine my life style is extremely active and draining at times whilst dieting for competitions.

### What was the reason for booking a sports massage appointment?

I recently suffered from a shoulder injury whilst working and had discomfort for about 2 weeks before I decided to book in for a sports massage to see if it would help with the pain.

### Any other treatments previous?

I've never received any other treatment as I wasn't a strong believer that a massage would help me with anything, how wrong was !!

### What treatment did you receive? How did you find it?

My first session consisted of a postural analysis to find any imbalances in my posture, this also included feet positioning and how I could resolve issues there. But then I was straight in getting the shoulder sorted to find the source of the pain which was located almost straight away and was connected to tight chest and upper back muscles.

**What advice/guidance were you given?**

After every session I was given advice to really focus on stretching the areas of discomfort, upon waking and during training and work. For me the stretching has also really helped with contractions of the muscles whilst training also.

**How did you find post treatment?**

Before my first session I couldn't lift my right arm above my head due to injury and was really struggling with work and training, but afterwards I was more mobile with my movement and was in the gym lifting more comfortably.

I would say after my first session of massages I can truly say that my injury was on the mend straight away and I have had 3 massages so far targeting different areas of my body.

I now believe that massages are, and will continue to be a key element in improving my training and physique. I can now lift weights more comfortably and feel more flexible at work.

For me now, receiving regular sports massages is going to be a staple in my life as they help with preventing injuries, improve my flexibility and hopefully aid my performance in the future.

**Leon was experiencing tension in his chest & shoulders. We paid close attention to his pectoralis major, pectoralis minor, deltoid and the rotator cuff. Within the first two treatments, Leon's discomfort has significantly improved.**

**If you are experiencing similar pain or discomfort, please contact ZEM Sports Therapy on 07532003950 or [ZEMSport@outlook.com](mailto:ZEMSport@outlook.com).**