

RH shoulder injury

During July 2008 my wife and I decided that we would purchase some chickens. This decision was made both from an egg supply view and to give our granddaughter a more rounded upbringing.

On Saturday 2nd August I began building a 4 nest chicken house, located beneath my workshop. This involved building a solid wall at the back 3m wide by 1m high on top of a bank that I would have to excavate. Off this wall I built 4 nesting boxes.

The project required a lot of hammer work as the timber used for the wall was 200mm x 45mm tongue and groove recycled after alterations to our Lockwood house. Mostly, I used a skill saw to cut the timber however, there was still quite a bit of hand sawing required.

By 16th August I had reached the stage which just required finishing. The finishing involved building a door and hand screwing the hinges on. On Sunday 17th August I realised that I had done something to my right shoulder as it was very painful and movement of my arm was quite restricted.

Knowing my physio, Matt Hylla of TBI Health Ellerslie, arrived early for work I emailed him enquiring about an urgent appointment. He came back with 1:40pm. At the consultation Matt assessed me and diagnosed me with a “damaged shoulder”, probably a rotator cuff injury. An ACC claim for the injury was raised at the consultation. At the next consultation, on Thursday 21st August, the injury was confirmed by Matt having me attempt some specific arm movements, both assisted and non-assisted.

Matt set me an exercise/stretching programme designed to relieve the stress that I was feeling in my shoulder. This treatment appeared to be going well with weekly visits until early October when Matt realised that we were not progressing as he wished. At this time he arranged for me to see an orthopaedic surgeon, Mr Michael Flint (who operated on my left shoulder which I damaged severely in 2007).

Mr Flint recommended I stop the physio immediately as he felt it could be doing more damage. He organised for me to have an ultrasound examination of my right shoulder on 4th November. This confirmed that I had indeed torn the supraspinatus tendon where it attached to the top of the humerus.

Having been refused coverage by ACC, they claimed the problem was degenerative in nature, I applied for coverage with Southern Cross. My application for prior approval for the surgery was subsequently approved. Surgery was arranged for 18th May 2009 at Brightside hospital in Epsom.

The surgery was carried out, where 4 pins were inserted into the top of the humerus and a “lattice” type suturing used to give more support to the torn tendon. Following the surgery I was absent from work for 3 weeks. I had a follow up appointment with Mr Flint on 11th June where he was very satisfied with my progress and recommended I restart physio in 2 weeks. This I did but stopped after 2 sessions as my condition seemed to worsen.

I contacted Mr Flint and arranged to see him on 21st July to assess my condition. At this visit he was very concerned at the limited amount of movement I had and thought I might have pulled 1 or more of the pins out. He sent me for an x-ray which showed all the pins were still intact. To assess whether there was any damage he arranged for me to have an ultrasound.

This confirmed that I had indeed return the supraspinatus tendon which causing the limitation of movement with my right shoulder.

After receiving the ultrasound film Mr Flint arranged a consultation for 3rd August. At this meeting he confirmed that I would be requiring additional surgery to fix the tear.

An application was lodged with ACC which was subsequently approved. ACC form 45 #TD55347, claim number 100 0979 8709 approved on 23rd August 2009.

In January 2006 my wife had a serious fall and broke her lower left leg. This required inserting 3 plates to assist the healing. As a consequence of this fall she has had major problems with her balance.

In September 2009 my wife and I both heard advertisements on NewsTalk ZB about Bodywall. This intrigued us so I investigated on the web and subsequently arranged an evaluation session for my wife and daughter for 3rd October. While they were in this session I was talking to Chris Toal about the problem with my shoulder. He took me straight away to start a demonstration of some exercises that could help. Prior to starting Chris asked if it was OK to take some pictures, before and after of the range of movement I had with my right arm, During this session Chris took me through some exercise/stretching they have designed specifically to assist with the rehabilitation of shoulder/rotator cuff injuries.

Prior to exercising I could raise my right arm laterally approximately 20°. Immediately following the 30 minute session I had approximately 75° movement. I then went to observe the end of the session with my wife and daughter. Chris came into the room after about 10 minutes and asked me to demonstrate to Stacy, the trainer for my wife and daughter, my new found range of movement. At this time, approximately 45 minutes after starting with Chris, I could now raise my right arm laterally approximately 95°. My wife was astounded stating that I had not been able to do that for quite some time.

Since that initial evaluation I have had 3 deep tissue massages, concentrating on releasing the muscles and tendons in the right shoulder, and 3 Bodywall sessions with exercises and stretches designed specifically to help release and relieve the muscles and tendons in my shoulders.

The pain and tension has continued to decrease after every session with movement of my right arm becoming more and more less constricted.

The images below were of Phil Carter's 1st Bodywall session and the entire sequence was photographed over one hour.

