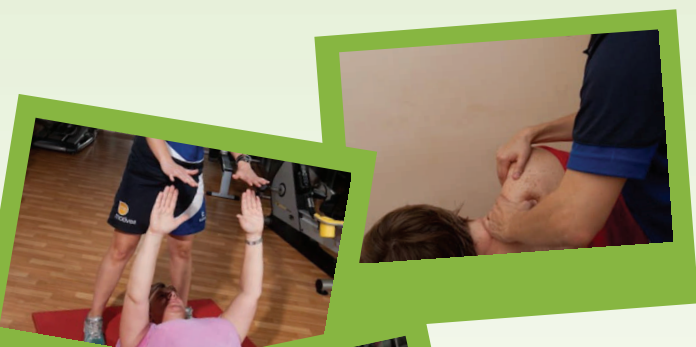


# CASE STUDY

## GP Referral

**Teresa is an extremely busy business woman and mum. She was referred to motive8 a year ago by her GP, who had diagnosed her with a frozen shoulder. Despite undergoing some acupuncture prior to attending motive8's injury clinic, the problem had not been resolved.**

Initial assessment showed a significant decrease in movement in the injured shoulder. Teresa reported difficulty sleeping as she would be woken by pain during the night and also experienced difficulty dressing herself. The pain was also prevalent when driving and attempting everyday functional activities such as stocking the cupboard or ironing.



Teresa was treated using a combination of soft tissue work and a progressive rehabilitation programme which included stretching and strengthening exercises as well as Pilates-based exercises and postural re-education.

Within a few weeks Teresa was sleeping through the night and the range of movement in her shoulder had increased. After two months, dressing herself had become easier and within three and a half months, functional activities were no longer painful. Teresa had made a full recovery after five months.

At motive8, injury rehabilitation sessions include functional testing and treatment of both acute and chronic injuries; our motive8 therapists are aware that investigations into the cause of such injuries are key in aiding and preventing further injury. Treatments provided by motive8 include a combination of corrective exercise regimes, massage, hydrotherapy, postural re-education and Pilates-based exercises depending on the individual's needs.