

NEWSLETTER

REACH OUT FOR RELIEF FROM **SHOULDER PAIN**

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- Common Conditions That Cause Shoulder Pain
- Healthy Recipe: Tomato, Mozzarella & Basil Bruschetta
- At-Home Exercise: Pectoral Wall Stretch
- Staff Spotlight
- Patient Success Story

Visit us online at www.FYZICAL.com/bella-vista



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How Physical Therapy Can Help You Resolve Shoulder Pain

Have you been living with shoulder pain that wakes you up during the night? Do you find reaching overhead to be difficult and painful? You may be living with shoulder pain that can be resolved with physical therapy. At FYZICAL, we have the solutions that you are looking for!

Our shoulders are the most flexible and movable joints in the body. The shoulder joint consists of a ball and shallow socket that allows for an impressive range of motion. This mobility makes the shoulder more susceptible to injuries and pain because it depends on muscles to maintain stability and strength. When these muscles around the joint become weak or injured, the joint mechanics are affected, resulting in inflammation and pain.

Call FYZICAL today to schedule an appointment with one of our physical therapists so we can help you get back to your daily life, free of shoulder pains!

Understanding your shoulder. Your shoulder is a ball-and-socket joint, meaning that the humerus (ball) fits perfectly in the corresponding space in the shoulder blade (socket). Each end of the bone is protected by thick cartilage that offers mild support and allows for fluid movement. The shoulder has the following essential structures:

• **The rotator cuff:** This is a group of muscles surrounding the shoulder joint providing support and movement through a wide range of motion.

• **The bursas:** These are small sacs of fluid that cushion and protect the tendons from the bones.

• **The labrum:** This is the cartilage that helps reinforce the cup that the ball fits into.

Your shoulders can accomplish several physical feats due to their structure - however, this also means that they are at an increased risk of injury. When something becomes damaged in the shoulders, pain and discomfort develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all. Pain due to wear and tear or degenerative changes are often more achy and sore.

(continued inside)

**Schedule An Appointment:
(479) 855-9348**



ARCHIES FLIP FLOPS

Supportive flip flops perfect for summer break on the beach

We offer Archies flip flops, perfect for the summer weather and a supportive footwear that can help reduce plantar fasciitis. Hurry and place your order before summer ends! Your feet will love you for it.

QUOTE OF THE MONTH:

"Do not allow people to dim your shine because they are blinded. Tell them to put some sunglasses on."

- Lady Gaga

Don't put off good health! Visit us & recover naturally.

HEALTHY RECIPE:

TOMATO, MOZZARELLA & BASIL BRUSCHETTA

Common Conditions That Cause Shoulder Pain



(continued from outside)

The most common conditions affecting the shoulder are:

- **Strains:** A strain occurs when a muscle or tendon is stretched too far or torn. Strains that are not resolved fully can lead to ongoing shoulder pain, making it difficult to partake in exercise or even daily tasks.
- **Tendinitis:** Tendinitis in the shoulder joint occurs when the joint is injured or overused. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing irritation.
- **Cartilage injury:** An injury to the cartilage will typically lead to a limited range of motion and may lead to decreased strength in the affected shoulder. Often you will experience pain when moving your arm in specific ways, but not others.
- **Arthritis:** Osteoarthritis and rheumatoid arthritis are the two most common types of arthritis. Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant “wear and tear,” typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat, resulting in pain and inflammation. In both cases, pain and loss of motion are typical.
- **Frozen shoulder:** Medically referred to as adhesive capsulitis, a frozen shoulder can occur if you have been bedridden or your arm has been in a cast or sling for a while. Unfortunately, it can also happen without an apparent cause.

This condition causes tissues to stiffen up and causes this painful condition to occur.

How physical therapy can help. Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. A physical therapist with experience treating shoulder pain will thoroughly evaluate the severity of your injury and identify any other limitations affecting your recovery, mobility, stability, or strength. Our therapist at FYZICAL will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. Your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities. We will start with pain management and restoring mobility to the injured shoulder. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate any appropriate pain relief technique to help ensure you can resume doing all the activities you love.

Call today to find effective shoulder pain relief! Two of the biggest goals of physical therapy are to alleviate your pain and to improve your function. Your physical therapist will work with you to ensure that both are achieved throughout your physical therapy sessions. If you are living with shoulder pain, don't let it limit your life any longer. Call FYZICAL today to find relief once and for all!

Sources: <https://www.jospt.org/doi/full/10.2519/jospt.2020.8498>
<https://www.jospt.org/doi/10.2519/jospt.2015.0110>
<https://www.sciencedirect.com/science/article/abs/pii/S2468781218302479>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1283277/>



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www.FYZICAL.com/bella-vista



INGREDIENTS

- 1 (32-oz) can whole tomatoes, drained
- 1 cup fresh basil leaves
- 4 tbsp extra-virgin olive oil
- 6 cloves garlic, peeled
- Kosher salt & freshly ground black pepper
- 2 large French baguettes, sliced 1-inch thick (about 36 slices)
- 1 1/2 lbs fresh mozzarella cheese, sliced 1/4-inch thick

DIRECTIONS

Preheat oven to 375 degrees F. In the bowl of a food processor, add drained tomatoes, 1 cup basil leaves, olive oil and 2 cloves garlic. Pulse until smooth, but somewhat chunky. Season with salt and pepper. On a baking sheet, line up baguette slices. Toast in oven for about 3 minutes. Working quickly, rub the remaining garlic on the toasted side of each slice and then lay a piece of mozzarella cheese on top. Place bread back in oven for about 45 seconds. Remove from oven and spread one tablespoon of the tomato mixture on each piece. Place bruschetta on decorative platter and garnish with basil leaves.

Recipe: <https://www.foodnetwork.com/recipes/giada-de-laurentiis/tomato-mozzarella-and-basil-bruschetta-recipe-1940921>



STAFF SPOTLIGHT



Truman (Tod) Dalby, PT

Mr. Dalby graduated from the University of Central Arkansas, School of Physical Therapy in 1973. Since that time, Mr. Dalby has served his state chapter in various capacities both locally and nationally. Mr. Dalby was involved in the initial research for knee injuries due to artificial turf as related to shoe type utilizing a dynamic three plane electrogoniometer. Professionally, he has served as Director of PMR at Washington Regional Medical Center of Fayetteville, Arkansas, owned and managed two private practices for 13 years. He then consulted with and developed satellite clinics for a major hospital and two private physical therapy groups focused on construction, staffing, marketing and education of public and medical populations. From 2009 to 2014 he served as Clinical Director for the DBC Spine Care Clinic, located in the Jack T. Stephens Spine and Neurosciences Center at the University of Arkansas Medical Sciences campus in Little Rock, Arkansas. He served as Clinical Director, for three years, for the BACK & NECK PLUS Physical Therapy Center located in Little Rock before becoming Clinical Director for Total Spine satellite clinic in Northwest Arkansas. Mr. Dalby has spent the last 11 years working with and developing protocols for spine restoration utilizing the DAVID Clinical Devices. During that time he presented "Training the Injured Spine" in the U.S. and Canada for physical therapists and physician conferences. He was recently positioned as the Director of Clinical Operations for M.R.S. HEALTH, Inc.

At-Home Exercise

Use This Exercise To Stretches Your Shoulders.

PECTORAL WALL STRETCH

Stand with one palm against the wall and your elbow bent. Slowly turn your torso away from the wall until you feel a stretch. Hold for 15 seconds and repeat 5 times on each arm.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

Patient Success Story



"Produce results almost immediately!"

"Remarkable team of talented and caring PTs! Things I would never have thought of are introduced and produce results almost immediately. Positive vibes all over this place!"

— Steve H.

HAS YOUR BACK PAIN COME BACK?

IT MAY BE TIME FOR A SPINE CHECK-UP

If you or someone you love has been putting off pain treatment, then now is the time to come in for a Spine Check-Up. Schedule an appointment with our spine specialist Tod, today!

Access a pain-free life and do what you love, comfortably!

Schedule Your Appointment:

(479) 855-9348



FYZICAL®
Therapy & Balance Centers