

N E W S L E T T E R



**SHOULDER, ELBOW &
WRIST PAIN, WHERE IS IT
COMING FROM?**

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Shoulder, Elbow, & Wrist Pain

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Spotlight

October Is National Physical
Therapy Month

NEWSLETTER

GIVE CHRONIC PAIN THE COLD SHOULDER



It's time to say goodbye to shoulder, elbow, and wrist pain once and for all. Identifying the cause of your pain and taking steps to combat ill habits that may be contributing to your discomfort can have a significant impact on your quality of life.

Wave goodbye to pain in your hands, shoulders, elbows and wrists with targeted techniques from your experienced physical therapists.

Shoulder, elbow, and wrist injuries are especially common as a result of workplace injury and overuse.

What is Causing the Pain? Think about the tasks that make up the majority of your day-to-day life. It is often said that life in the 21st century is way easier on the body than life during any other time in human history — and it's true that there is a fair amount of evidence to support this idea. Rather than spending all of your days working in a factory or on a farm, the vast majority of Americans work indoors, often at a computer for a predetermined number of hours week after week. But this new lifestyle isn't exactly harmless for the body, either.

There are plenty of ways in which the common tasks of 21st-century life put the body under a great deal of stress. Sedentary

lifestyles frequently contribute to weight gain, which increases your risk for a long list of obesity-related diseases. This puts additional stress on your body, which could result in pain in crucial joints like your shoulders, elbows and yes, even your wrists. But even aside from that, there are a lot of potential issues that your body can face as a result of sedentary behavior in the workplace — including shoulder, elbow, and wrist pain.

Shoulder, elbow, and wrist injuries are especially common as a result of workplace injury and overuse. While it is sometimes possible to take action to prevent an injury from developing, it is especially important to be able to recognize when an injury develops and to understand ways that you can combat that injury by identifying what may have caused the pain to develop in the first place.

Common issues that can lead to shoulder, elbow, and wrist pain include:

- Issues with poor posture
- Carpal tunnel syndrome, which can develop from overuse of the wrist and regular, repetitive motions, such as typing
- Heavy lifting
- Athletic injuries
- Muscle sprain
- Muscle strain
- Dislocation or hyperextension of the joints

(continued inside)

GETTING A HANDLE ON SHOULDER, ELBOW, & WRIST PAIN

(continued from outside) One of the biggest concerns regarding pain in the shoulder, elbow, and wrist is that it is difficult to impossible to actually allow these parts of the body time to rest. Every movement and action requires these body parts — and when the pain develops in both arms, as it often does, treating the pain becomes even more complicated. It is impossible to care for your basic needs without involving your shoulder or wrist, let alone get through a day at the office.

This is why so many issues regarding pain in the shoulder, elbows, and wrists typically become chronic. Since it is difficult to allow these body parts time to properly rest, they continue being overused and the pain can actually worsen.

Treating Shoulder, Elbow and Wrist Pain. Addressing the pain early on is the best way to prevent an issue from becoming chronic. Turning to medication and braces for pain management is not a long-term solution and will only push off the inevitable truth — that you need to find a solution for the problem that is causing you pain.

Physical therapy is the ideal tool for support in this regard. Working with a physical therapist will provide you with an opportunity to understand what movements may be causing further discomfort, and can help you to strengthen the surrounding muscles while



improving range of motion, which together will likely alleviate some of the pain associated with your injury.

Don't assume that pain in your shoulder, elbows, or wrists will go away on its own. It is more common for the pain to worsen, and compensating for the pain by overusing the opposite arm can cause further injury to develop. **For support with learning how to manage the pain, and to learn exercises and techniques that can help you overcome the injury and restore proper strength and functionality to your shoulders, elbows, and wrists, contact your physical therapist.**

Call New Orleans: 504-861-4693 or St. Bernard: 504-277-6052 today to schedule an appointment!

EXERCISE ESSENTIALS

TRY THIS EXERCISE FOR SHOULDER BLADE STABILIZATION.

“W” SCAPULAR RETRACTION

Lie on your stomach on a bench with your arms at shoulder height, elbows bent to 90 degrees. Gently slide your shoulder blades down and then squeeze your shoulder blades together gently lifting your elbows off the bed 1-2 inches. Focus on using the muscles in your mid back. Hold for 20 seconds and repeat 3 times.

FYZICAL Physical Therapy & Balance Centers



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

ARE YOU IN PAIN?

25% OFF

IN-OFFICE PRODUCT OF THE WEEK

To see what our product promotion of the week is, call our office or check out our Facebook page for the promotional post! Scan this QR Code to be directed to our Facebook page! Give our office a call for pricing or if you'd like to know more!



CALL FOR MORE INFO TODAY

OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH

Inadequate physical activity results in an added \$117 billion in health care costs in the U.S. and leads to reduced quality of life for millions of Americans. As we struggle to address a global pandemic, it's more important than ever to encourage movement to help people manage pain and other chronic conditions, recover from injuries, and reduce the risk of future injury and chronic disease.



Cue National Physical Therapy Month. October is National Physical Therapy Month — a time to celebrate the profession and all the ways physical therapists, physical therapist assistants, and PT and PTA students help improve lives across the country. This year's theme is the promotion of physical activity and the unique value PTs and PTAs bring to help people get moving, a focus that's also in line with our latest #ChoosePT public awareness campaign.

"Although this year has brought significant challenges to health care and the profession, we are getting through them together," said APTA President Sharon L. Dunn, PT, PhD. "Now, more than ever, it's important to share the value of keeping active and moving, and APTA offers inclusive ways for us to share with our communities the importance of physical activity to a healthy life."

While in-person celebrations may be postponed or look different this year, there are still exciting ways you can get involved to promote your profession! Visit the APTA NPTM website for more information.

Source: <https://www.apta.org/news/2020/09/30/nptm-2020--launch>

PUMPKIN SOUP

INGREDIENTS

- 6 c vegetable stock
- 1 ½ tsp salt
- 4 c pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ c heavy whipping cream
- 2 tsp black pepper



DIRECTIONS

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

<https://www.allrecipes.com/recipe/9191/pumpkin-soup/>

HAPPY HALLOWEEN!

The FYZICAL
New Orleans and
St. Bernard team
wishes everyone
a safe Halloween!



PATIENT SUCCESS SPOTLIGHT!



**I would recommend
FYZICAL to anyone that
needs therapy!**

"Came in to have PT at FYZICAL. My time with the therapists has been fantastic. They all helped me complete my goal of "NO PAIN!" I would recommend FYZICAL to anyone that needs therapy. I've had PT a few years back but not like this. My experience has been wonderful. Thanks to you all." - Gwendolyn W.



Are you in pain? Have you sustained an injury? **Give your physical therapist a call today!**

NEW ORLEANS CLINIC

504-861-4693

ST. BERNARD CLINIC

504-277-6052

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