



**FYZICAL**<sup>®</sup>  
Therapy & Balance Centers

# NEWSLETTER

## Physical Therapy Can Help Frozen Shoulders!



*Schedule your appointment today by scanning the QR code or by visiting us online at [fyzicalutah.com](http://fyzicalutah.com) or call the clinic closest to you.*

**fyzicalutah.com**



## Physical Therapy Can Help Frozen Shoulders!

It's not uncommon for our clinic to see patients struggling with chronic shoulder pain. Often, we find that these patients are having to sacrifice their quality of life and have finally gotten fed up. There are many different factors that attribute to chronic shoulder pain, including a common condition known as frozen shoulder.

Dealing with shoulder pain can make completing daily tasks nearly impossible without treatment. Physical therapy can help relieve (or even eliminate) your problem! If you're experiencing shoulder pain, contact our office today.

Our physical therapists will be able to do a full assessment, figure out if the source of your pain is frozen shoulder, and help you get on the road to recovery.

### What Is Frozen Shoulder?

Frozen shoulder, or "adhesive capsulitis" is a condition caused by inactivity that occurs after injury or alongside another shoulder problem. When scar tissue forms after a period of physical inactivity, the shoulder can

become stiff or inflamed. Most people struggling with frozen shoulders complain of pain, discomfort when moving or using the affected joint, or even a total loss of movement in that shoulder.

**Exactly what causes frozen shoulder remains somewhat of a mystery condition to many doctors and physical therapists, but a few possible causes are as follows:**

- Results from a surgery or injury.
- Underlying conditions such as bursitis, tendonitis, arthritis, a rotator cuff tear, or any other condition causing a person to cease shoulder movement
- Immobilization of the arm, such as in a sling, after surgery or fracture

Overall, having a limited range of motion can cause you to develop a frozen shoulder. Frozen shoulders can also be the result of remaining bedridden, unable to get up and move around for a long time.

Most physical therapists recommend that patients with frozen shoulders rest often in between physical therapy appointments to avoid developing scar tissue in the shoulder. On the chance that scar tissue does develop, the muscles surrounding the shoulder may eventually freeze up as well.

# HOW IS FROZEN SHOULDER DIAGNOSED?

There are four stages in the development of frozen shoulders: prefreezing, freezing, frozen, and thawing. It's pretty common for patients to see our physical therapists in the freezing stage after they've already been experiencing pain for a little over half a year, or 9 months. At this point they're already in a lot of pain and pretty used to not being able to move their shoulder the way they'd like to!

At your consultation, one of our physical therapists here at Fyzical Therapy & Balance Centers will assess your condition, pinpoint the exact source of your pain, take a look at your medical history, and evaluate your strength and mobility levels.

He or she will also consider any other conditions that could be contributing to your pain, such as diabetes, an autoimmune disorder, or a thyroid disorder. From there a comprehensive treatment plan will be created just for you. It will most likely consist of targeted stretches, exercises, and best practices for you to regain strength and decrease stiffness and pain.

## What Kind of Physical Therapy Treatment Will Help?

Physical therapy for frozen shoulders focuses primarily on pain relief, using modalities, manual therapy, exercises, and at-home treatments. Your physical therapist's ultimate goal is to restore mobility and range of motion to the affected shoulder.

He or she will teach you how to relieve pain with stretching techniques and strengthening exercises, most of which you'll be able to complete at home to speed up the recovery progress.

At the moment there isn't very much we can do to prevent the development of frozen shoulder, however, the sooner you contact our office for an evaluation, the quicker we can address your pain symptoms and create your treatment plan!

## Contact Fyzical Therapy & Balance Centers Today!

If you have been experiencing recurrent or chronic shoulder pain, it is important to consult with a physical therapist as soon as possible to find out if your problem is a frozen shoulder. Physical therapy is a safe and natural treatment option that can successfully help patients of all ages recover from their shoulder injuries.

There's no reason you need to risk the harmful effects of over-the-counter medication or spend a ton of money on an expensive surgery to gain relief from shoulder pain. Call Fyzical Therapy & Balance Centers today to learn more about the benefits of physical therapy for shoulder pain, and begin your journey toward living a pain-free life!

Source:

<https://www.choosept.com/symptomsconditionsdetail/physical-therapy-guide-to-frozen-shoulder-adhesive-capsulitis>

## Refer A Friend



## Do You Have Friends Or Family Unable To Do The Following?

- ✓ Move without pain
- ✓ Sit for long periods comfortably
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live an active and healthy life

Have Them Call Us Today!  
They will thank you, and so will we!

## Healthy Recipe

### Candy Corn Smoothie

- 1 cup frozen mango chunks
- 1/2 cup coconut milk
- 1 frozen banana
- A thumb-sized piece of turmeric
- 1 cup frozen pineapple chunks



Place 2 clear cups in the freezer. Pour the milk into a blender. Slice the banana and add it to the blender. Blend until smooth. Remove the cups from the freezer and spoon the banana mixture evenly into the bottom of each of the cups. Return the cups to the freezer for 5 to 10 minutes. Rinse out the blender. Add the mangoes and turmeric and blend until smooth. Take the cups out of the freezer and spoon the mango layer evenly into the cups. Return to the freezer for 5 to 10 minutes. Rinse out the blender. Add the pineapple, and blend until smooth. Spoon evenly into the cups and serve.

## Nutrition Tips For Thanksgiving



1. Be mindful of your hunger and satiety cues. Holiday meals usually mean large portions of home cooked meals and desserts. This often results in overeating at meals to get a taste of everything to enjoy. While building your plate, take notice of how hungry you are and portion accordingly. Keep in mind you can always have seconds of your favourite dishes if you are still hungry. Perhaps you will want to leave room for the different types of dessert.
2. Eat your favourite food first! Clients are often surprised to hear this strategy, however, it can be a game changer in your meal enjoyment. Think of it this way, if you ate your favourite food first and all you had left on your plate are foods that you cared less for, it would be easier to stop when your satiety cues kick in and you won't feel as though you need to necessarily finish your plate.
3. Eat throughout the day before the Thanksgiving meal. It may sound logical to skip an earlier meal to treat yourself to the typically large Thanksgiving meal, however, it's best to eat a variety of foods earlier on to keep your metabolism in check, blood sugars normal, and lower your risk of being hungry. Therefore you can simply enjoy the family meal whenever it is time to eat.

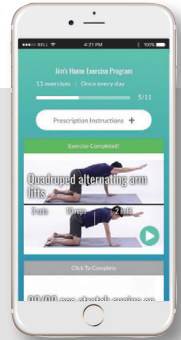
[fyzicalutah.com](http://fyzicalutah.com)

## Personalized Home Exercise Program

Rather than printing exercises on paper for you as we've done in the past, we now have the option to prescribe specific home exercises via our new app. You'll love the high-quality video content that stays in your pocket for reference and recording completion. [Reach out to us or visit our website at fyzical.com/utah to learn more about this program.](http://fyzical.com/utah)



- Easy Access to Your Home Exercise Program
- Full Exercise Videos with Instructions
- Personalized Notes From Your Therapist
- You Earn Medals, Awards, & Achievements
- Health Tips & Strategies



## Has Your Pain Come Back?

*Come back in for physical therapy!*

**Provo Address:**  
3303 North  
University Avenue  
Provo, Utah 84604  
(801) 373-7438

**Lehi Address:**  
3401 North Center  
Street Suite #200  
Lehi, Utah 84043  
(385) 309-1951

**Orem Address:**  
360 South State  
Street #C110  
Orem, Utah 84058  
(801)-850-9146

**Ogden Address:**  
1221 E 5800 S  
South Ogden, UT  
84405  
(801) 476-2000

**Midvale Address:**  
6717 S. 900 E.  
Suite 201  
Midvale, Utah  
(801) 649-4690



Schedule your appointment today by calling your nearest FYZICAL clinic or by scanning the QR code to visit our website at [fyzical.com/utah](http://fyzical.com/utah)