



## SHOULDER, ELBOW, AND WRIST PAIN WHERE IS IT COMING FROM?

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

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.

**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

**LINGERING SHOULDER PAIN? GIVE US A CALL TODAY! (864) 834-4995**



# INCREDIWARE AT FYZICAL



Designed to help you recover quickly by optimizing your body's natural healing process! The Incrediwear sleeves utilize your body heat which in turn increases circulation to help bring more oxygen and nutrients to the affected area. The increased blood flow assists the body's natural healing process reducing inflammation, swelling, pain and optimizing performance to accelerate recovery!

The wrist sleeve, shoulder sleeve, arm sleeve and elbow sleeve can effectively reduce the symptoms of:

- Arthritis
- Tendonitis
- Sprains/Strains
- Neuropathy
- Carpal Tunnel
- Reduce Inflammation and swelling
- Postoperative Recovery
- Ligament Injuries
- **RELIEVES PAIN!**

The Incrediwear material is breathable, flexible and forms to your body without restricting movement! All of the sleeves are extremely easy to clean and machine washable! Give our office a call to try one yourself!

## PATIENT SUCCESS STORY



**"I WOULD NEVER GO ANYWHERE ELSE FOR PT!"**

"They are an amazing team! The moment I called and said I was in pain, Susan got me in to see Brett and I was better almost immediately. Tony is wonderful and caring, they are just the best because they care about you and helping you to get better. I would never go anywhere else for PT!

**-James H.**

**INFLAMMATION AND PAIN GETTING IN THE WAY? GIVE US A CALL TODAY! (864) 834-4995**

## KC'S CORNER

Hey everybody I hope that you've had a wonderful summer, I know it's coming to an end but enjoy the warm weather while it lasts! I went up to New York last month and had the best time fishing, swimming, exploring through the woods and seeing lots of good friends! It certainly wore me out and I'm happy to be back in the office relaxing and getting pets from all of my favorite people. A lot of you guys always talk to me about playing golf or tennis, exercising with friends or doing gardening and I'm here to make sure you guys are staying safe! All of those things can wear out your entire arm and our office is here to help you regain strength, improve flexibility, reduce inflammation, reduce pain and anything else you may need! We want to make sure your body is not limiting you to doing what you love! I love you guys, give us a call if you have questions!



# GETTING A HANDLE ON SHOULDER, ELBOW, AND WRIST PAIN

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.



## FUN & GAMES

		4			9		
9			7				1
7	6						4
4	9				8		
	3	5	6	4		8	
			2				1 3
	2						6 4
6					7		2
		5					
						1	

<http://5sudoku.com>

n° 323531 - Level Hard

## THE BEST GUACAMOLE



### Ingredients

- 3 tomatillos
- 1/3 cup chopped onion
- 1/3 cup chopped plum tomato
- 3 tablespoons chopped cilantro

- 1 tablespoon fresh lime juice
- 3/4 teaspoon salt
- 2 ripe peeled avocados
- 2 jalapeño peppers, seeded and finely chopped
- 1 garlic clove, minced

### Directions

To prepare guacamole, peel papery husk from tomatillos; wash, core, and finely chop. Combine tomatillos, onion, and remaining ingredients; stir well. Serve guacamole with chips.