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Therapy & Balance Centers



OCTOBER 2022

NEWSLETTER



SHRUG OFF YOUR SHOULDER PAIN WITH PHYSICAL THERAPY

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SHRUG OFF YOUR SHOULDER PAIN WITH PHYSICAL THERAPY

Have you been experiencing an achy sensation in your arm? Are you having issues getting to sleep at night or problems lifting things? If these symptoms sound familiar, you might have a rotator cuff injury or neck pain. At FYZICAL Traveler's Rest, our physical therapist can help figure out what is causing your symptoms and how to resolve them once and for all!

The rotator cuff comprises muscles and tendons that help keep the shoulder in place and moving correctly. People experiencing rotator cuff injuries typically report feeling a painful, dull ache deep in their shoulder or trouble getting a good night's sleep due to pain. Some people experience difficulty reaching behind their backs or weakness in their arm especially reaching to the side or overhead.

All too often, the source of the problem lies in the neck; a condition referred to as cervical radiculopathy. An irritated nerve in the neck can also lead to pain in the shoulder. Symptoms also include pain, weakness, and difficulty sleeping. These symptoms can be similar to those experienced by someone with a torn shoulder/rotator cuff injury.

At FYZICAL Traveler's Rest, we offer effective, non-invasive methods of therapy that can help relieve your shoulder pain and heal your rotator cuff injury and/or neck pain. If you think you may have a rotator cuff injury or neck issues, contact our clinic and set up an appointment today!

How to tell if it is a rotator cuff issue or a pinched nerve

Although some symptoms of these conditions are similar, there are ways to differentiate between rotator cuff injury and cervical radiculopathy. Typically, a pinched nerve will cause pain due to neck movements and positions, whereas a rotator cuff injury is associated with shoulder movements and positions.

Ways to distinguish rotator cuff injury from neck pain include:

- **Quality of Pain:** Rotator cuff tends to be dull at rest and can be sharp with specific movements on the shoulder/arm. The



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ROTATOR CUFF ISSUE OR A PINCHED NERVE?

neck tends to have sharp pain at rest and movements of the neck and/or positions that stretch the nerve, resulting in more pain. Moving the neck rarely affects the rotator cuff symptoms.

- **Location of pain:** People with rotator cuff injuries often experience pain in the shoulder itself, typically on the outer aspect of the shoulder.

The location of the neck pain typically starts in the neck or shoulder blade. Most of the time, shoulder blade pain is a sign that your symptoms are coming from the neck. Although the rotator cuff pain can travel down into the arm in severe cases, it rarely affects the hand. In contrast, a nerve condition will affect the hand along with the distribution of the nerve root that is irritated. (This means pain in particular fingers).

- **Movements affecting pain:** Rotator cuff injuries affect movements performed by the injured muscle. Symptoms coming from the neck are produced or intensified by turning your head or looking up/down.
- **Weakness:** The most common movements affected by a rotator cuff injury are reaching to the side or overhead.

With cervical radiculopathy, you may find that your shoulder joint feels extremely weak and useless as you attempt to lift something. In some cases, these symptoms extend from your shoulder down through your arm and hand, so it might even be difficult for you to grasp items as you usually would.

Physical therapy for shoulder pain

Regardless of whether your pain is caused by a torn rotator cuff or cervical radiculopathy, physical therapy is a great option to abolish pain, restore motion and improve your strength in your shoulders and neck.

Your physical therapist will assess your pain condition, create a customized treatment plan for your needs, and teach you exercises and targeted stretches to improve your range of motion and reduce your pain. In addition, a comprehensive strengthening program to ensure a total return of the function to the injured shoulder.

Your therapist will also inform you of things you should avoid doing to keep from reinjuring yourself and experiencing shoulder pain again down the road. For example, if you play sports, they may advise you to take frequent breaks to reduce the amount you are using your shoulder. If your neck is the issue, learning about postures and what activities to avoid or modify will be essential for your outcome.

Shoulder pain is a common condition that can easily be diagnosed and treated, so don't hold out on seeing a physical therapist because you're hoping the pain will go away on its own! It is essential to have your condition evaluated. That way, you will know for sure if the problem is a torn rotator cuff, a pinched nerve, or something else entirely.

Come see us today!

Put an end to your problems today. Call FYZICAL Traveler's Rest today and get scheduled for your very own consultation with one of our skilled physical therapists.

Our team will assess your condition, find the root of your pain problem, and set you on the right track to ditching your pain once and for all!

Sources:
<https://www.choosept.com/guide/physical-therapy-guide-rotator-cuff-tear>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4827371/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3540201/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4958381/>

BODITRACK



Come check out our new Bodi-Trak to learn about your balance and posture today! Call our office with any questions or come in and check it out for yourself!

The BodiTrak, also known as pressure mapping, gives us the ability to identify our primary source for maintaining our balance. While we are suppose to be able to use our eyes, inner ear (vestibular system), and our feet interchangeably to maintain balance for all activities and situations, we usually start to rely on one of these systems more than the others. This happens especially as we develop eye issues, neuropathy, concussions, hearing loss, or even a vestibular loss. The BodiTrak will show us the issues and help us to know an exercise program designed specifically for you to recover the quickest! We can help you avoid falls, reduce pain, reduce the risk of injury or build strength to improve your balance issues. We are here for you every step of the way!

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Patient Success Spotlight



“After the second visit with Brett, my pain was completely gone.”

“For over fifteen years I had suffered with pain in my shoulder, neck and the back of my head. This pain was continuous. There were many nights I could not sleep because of the pain. I tried Botox injections to the back of my neck that relieved my pain for a short time but in two or three weeks the pain returned. My brother recommended Russell Physical Therapy. After the second visit with Brett, my pain was completely gone. For the last five years, I visit Brett once or twice a year when I feel my neck begin to stiffen. My neck and shoulders are totally pain-free. Thank you Brett and staff, for the miracle you have performed. You have truly been an answer to my prayers.”

– Jimmy S.

HEALTHY RECIPE CAPRESE SALAD



Balsamic Vinaigrette

- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tsp ground mustard
- 1/8 tsp each salt & pepper

Salad

- 4 medium tomatoes, sliced
- 1/4 c fresh basil leaves
- 1/2 lb fresh mozzarella cheese, sliced

Arrange the tomatoes, cheese and basil on a serving platter. Whisk the vinaigrette ingredients; drizzle over salad. If desired, sprinkle with additional salt and pepper.

<https://www.tasteofhome.com/recipes/caprese-salad/>

At-Home Exercise

SHOULDER CIRCUMDUCTION

Strengthens shoulders

Start by standing up straight. Place your fingertips on your shoulders with your elbows sticking straight out to your sides. Slowly begin making clockwise circles with your elbows without moving your fingers. Continue as directed and then switch directions. Repeat 3 sets of 10 reps each.



ELLIE'S EDITORIAL



Hey guys, Ellie here! I know I'm still new but I love you all already! This month we're talking about shoulder pain and what you/we can do to fix any issues! We have therapists with over 25 years of experience and so much equipment to help you get back to the life you love! Now that fall is starting and football is back, we want you to be fully ready for game days (which are no fun if you're just worried about pain)! If you haven't yet, come try our deep tissue laser therapy – it can only take one session to relieve pain! I hope you all have a happy fall; until next time! – Ellie



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The best way to help a small business in the community is by leaving a Google review!

1. Open your smart phone to the camera app
2. Center the QR code in the frame (this will take you directly to our review page)
3. Tell us how we did!

