

THE



FYZICAL[®]

Therapy & Balance Centers



APRIL 2023

NEWSLETTER



TIPS TO HELP YOU SHRUG OFF SHOULDER PAIN

INSIDE:

- Service Spotlight: Juvent Micro Impact Platform
- Patient Success Spotlight
- 3 At-Home Shoulder Exercises

THE



FYZICAL[®]

Therapy & Balance Centers



APRIL 2023

NEWSLETTER



TIPS TO HELP YOU SHRUG OFF SHOULDER PAIN

Do you notice your shoulder is waking you up at night? Are you having difficulty reaching or lifting overhead? You might have a rotator cuff injury or another shoulder disorder. At FYZICAL Travelers Rest, our physical therapists can help figure out what is causing your symptoms and how to resolve them so you can use your arm and get a good night's rest!

The most common cause of shoulder pain is due to injury or dysfunction of the rotator cuff. The shoulder joint is formed where the upper arm bone (i.e., humerus) fits into the shoulder blade (i.e., scapula). It is known as a ball and socket joint.

The rotator cuff is a group of muscles and tendons surrounding the shoulder joint. The job of these muscles is to help move the

arm and stabilize the ball in the socket. Shoulder pain occurs if the shoulder tendons are pinched by the bones of the shoulder resulting in the tendons becoming inflamed or damaged.

At FYZICAL Travelers Rest, our physical therapists can help identify the cause of your shoulder pain and the steps needed to resolve it. Request an appointment today, and let us help you get your arm moving again!

Conditions That Cause Shoulder Pain

The shoulder is the most mobile joint in the body, allowing us to use our arms in various ways, including reaching, pushing, pulling, lifting, and throwing. The complexity of movement



TIPS TO HELP YOU SHRUG OFF SHOULDER PAIN

requires the upper back (i.e., spine), shoulder blade (i.e., scapula), and the arm bone (i.e., humerus), and all the muscles and nerves work together to achieve the mobility and function we are accustomed to.

If any part of the system is not working correctly, we become more susceptible to injury. Repetitive stress or trauma can damage the shoulder complex and lead to pain. The most common shoulder problems fall into the following categories:

- Tendon inflammation
- Bursitis
- Tendon tear (i.e., partial, complete, or degenerative)
- Instability (i.e., partial or total dislocation)
- Degeneration and/or arthritis
- Fractures

Our therapists will guide the most effective treatments, including manual therapy, exercise recommendation, and injury prevention strategies.

Daily Exercises That Can Help the Shoulders

Our team at FYZICAL Travelers Rest will identify the underlying causes of your shoulder pain and develop a treatment plan based on your individual needs. We emphasize targeted stretches/mobility work and strengthening exercises to help your recovery and prevent future problems.

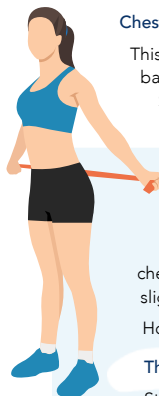
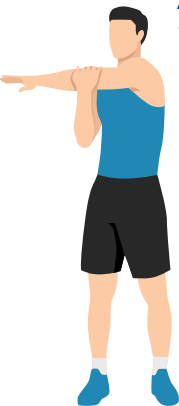
If you are looking to get started with some safe stretches that are used to help improve your shoulder function, try the following exercises:

Across-the-Chest Stretch

This exercise helps increase flexibility and range of motion in your shoulder joint and the surrounding muscles. Remember to stop if you feel increasing pain in your shoulder.

Start by bringing your right arm up and across your chest with your hand gently resting on your left shoulder, or use your left hand to support your arm by the elbow.

Use your left hand to gently press the right arm towards your chest until you feel a stretch in the right shoulder. Hold this position for 20-30 seconds and do 3-5 reps. Repeat on the opposite side.



Chest Expansion / Posture Corrections

This exercise promotes mobility of the upper back and range of motion in your shoulders.

Slouching places the shoulder in a vulnerable position and makes you more susceptible to injury and pain.

While standing, hold a strap or towel behind your back with both hands. With control, move your shoulder blades toward each other while lifting your chest/breast bone. Finish by lifting your chin slightly to the ceiling.

Hold for 20-30 seconds and repeat 3-5 times.

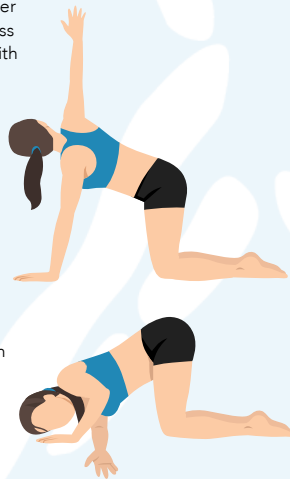
Thread the Needle

Start on your hands and knees. Lift your right hand toward the ceiling with your palm facing

away from your body. Next, lower your right arm under your chest and reach across your body to the left side with your palm facing up.

Hold this position for 20-30 seconds and do 3-5 reps. Repeat on the opposite side.

Strengthening your shoulder muscles (i.e., rotator cuff and shoulder blade muscles) can also help support and stabilize your shoulder joint. Strength training can potentially decrease muscle imbalances and reduce the risk for shoulder injuries and shoulder pain.



Request an Appointment at FYZICAL Travelers Rest Today!

Our team of physical therapists can help alleviate your shoulder pain and get your arm moving again. Call today and schedule your appointment!

Sources: <https://www.jospt.org/doi/10.2519/jospt.2020.0501>; <https://www.jospt.org/doi/pdf/10.2519/jospt.2020.8498>; https://www.physio-pedia.com/Evidence_Based_Interventions_for_Shoulder_Pain; <https://www.jospt.org/doi/10.2519/jospt.2020.0501>

Treatment Spotlight: JUVENT MICRO IMPACT PLATFORM

How It Works

The first 12 seconds of impulses (stimulates stem cells and trigger muscle fibers) go through the body which the computer registers for energy exerted specifically on you. Stem cells are important for rebuilding musculoskeletal system and increase nerve pathways and blood supply. Inactivity decreases stimulation in cells and fibers. In as little as 10 minutes of treatment it starts to increase bone density and improve soft tissue.

Benefits

- Treatment for neuropathy
- Strengthens and increases muscle mass
- Stimulates blood and lymphatic flow, creating better circulation
- Reduces pain and inflammation!
- Lymphatic drainage
- Improve balances, reduces risk of falls and improves coordination
- Restores bone density
- Promotes better range of motion joint health and more energy
- Faster recovery



Patient Success Spotlight



**“The staff are all very good,
the vibe is positive and the
treatments effective.”**

“From the first call to set up the appointment the experience with Russell Fyzical has been terrific. The staff are all very good, the vibe is positive and the treatments effective. My shoulder injury required patience for rehabilitation and everyone contributed. Highly recommended. – Ron M.

ELLIE'S EDITORIAL



Hey guys, happy spring! The flowers are blooming, the birds I like to chase are back and the weather is so nice I get to go on lots of walks and play outside more! I hope all of my favorite patients are doing good. If I haven't seen you in the office recently, I miss you dearly and hope you're doing well (if not you know where to reach me and my people)! This month I specifically wanted to talk to you about shoulder pain because so many people suffer and don't know healing can include physical therapy. We have all kinds of things like dry needling, deep tissue laser therapy, juvent micro impact plate and one-on-one therapy sessions to get you back to the life you love! I love you guys, give us a call to schedule! 😊 — Ellie



**HAS YOUR PAIN RETURNED?
COME BACK TO PT!**

**CALL US TODAY!
(864) 834-4995**

www.FYZICAL.com/travelers-rest