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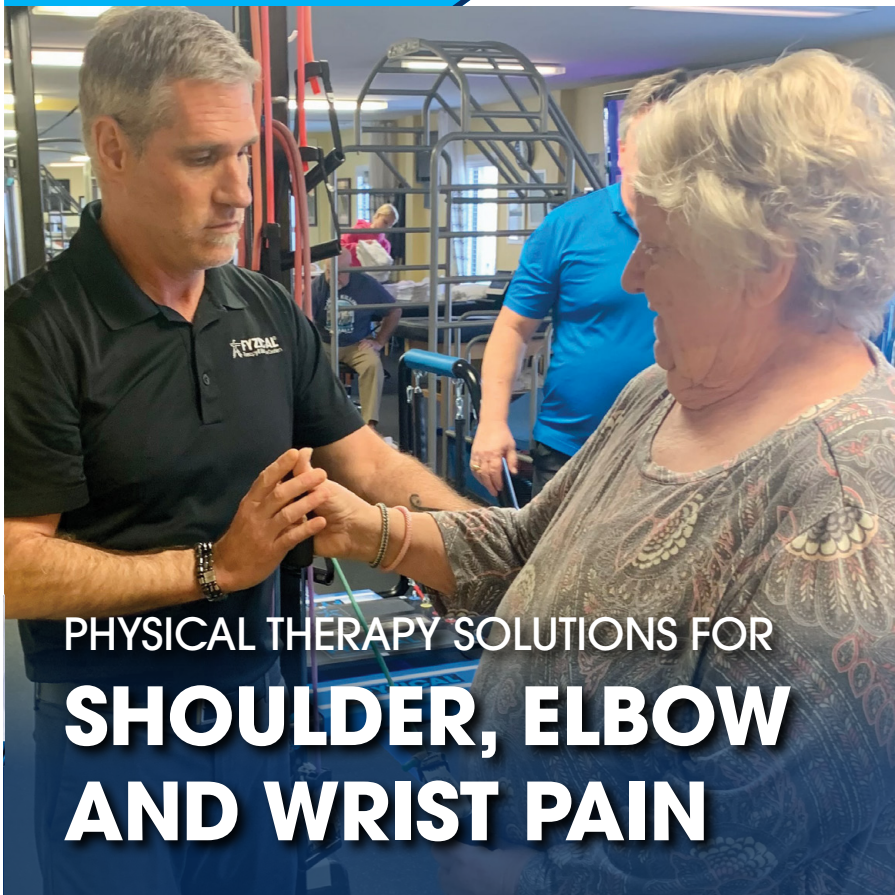
FYZICAL[®]

Therapy & Balance Centers



SEPTEMBER 2023

NEWSLETTER



PHYSICAL THERAPY SOLUTIONS FOR **SHOULDER, ELBOW AND WRIST PAIN**

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PHYSICAL THERAPY SOLUTIONS FOR SHOULDER, ELBOW AND WRIST PAIN

Are you experiencing pain and weakness in your arm? Is it difficult to lift and hold things you use in your daily routine? You could be suffering from tendon dysfunction or even arthritis in your joints.

Whether your pain results from an injury or repetitive stress, it's often the result of underlying trauma or inflammation of the tendons, cartilage, or nerves in the arm. Your pain can be so severe that doing normal activities of daily living seems impossible. While the pain may feel serious, it's entirely curable.

Call our clinic today to make an appointment. With guidance from your physical therapist, you can find solutions to your pain and get back to living the life you enjoy!

What Is Causing the Pain?

Limited shoulder movement due to pain, stiffness, or weakness can affect a person's ability to carry out daily activities (eating, dressing, personal hygiene) and work responsibilities. Factors such as heavy lifting, repetitive movements (especially in awkward positions), and vibrations influence the severity of symptoms and disability. The most common causes of shoulder pain and disability are:

- Rotator cuff disorders
- Joint disorders
- Arthritis and bone spurs



SHOULDER, ELBOW AND WRIST PAIN SOLUTIONS

- Referred neck pain
- Bursitis and tendinitis

Overuse injuries often cause elbow pain. Many sports, hobbies, and jobs require repetitive movements leading to overuse. The leading causes of elbow pain and dysfunction are:

- Tennis and Golfer's elbow (i.e., tendinitis)
- Ligament sprains
- Arthritis
- Broken and/or dislocated elbow

Wrist pain is most common in groups participating in physically demanding activities like manual laborers and jobs that require computer use or repetitive movements. The leading causes of wrist pain are:

- Carpal tunnel syndrome
- Arthritis
- Wrist tendonitis
- Repetitive motion syndrome

Shoulder, elbow, and wrist pain are often the result of workplace injury and repetitive stress injuries. While it is sometimes possible to take action to prevent an injury from developing, it is crucial to be able to recognize when an injury develops and to get help.

Find your physical therapist so they can identify what may have caused the pain to start and what you can do to resolve it.

What Do My Symptoms Mean?

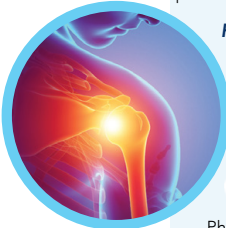
Aching or stiffness around the front or the side of the shoulder is often due to a tendon/rotator cuff injury. In comparison, pain in the back of the shoulder is likely coming from the joint itself. Although some think the top part or shoulder blade is the "shoulder," they refer to muscles and/or the neck and not the shoulder itself.

Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner and outer aspect of the elbow is commonly thought to be where most people experience tendon or ligament injuries. Typically, the pain will be sharp at the junction of the tendon and bone but may also move toward the forearm when the injury is tendon-related or caused by inflammation.

A decreased range of motion is often associated with arthritis. Still, weakness or clumsiness when gripping or holding onto things can be signs of deeper problems. It may indicate a more severe condition: the more dysfunction and disability, the more your conditions warrant seeking help sooner than later.

Ignoring your pain or waiting too long to be seen can make the problem worse and eliminate simple solutions.

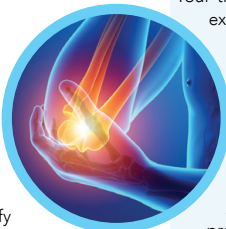


Physical Therapy for Shoulder, Elbow and Wrist Pain

Physical therapy treatments for shoulder, elbow, and wrist pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like KT taping and joint splinting. These have all been proven to help alleviate pain and restore function.

Physical therapists assess your particular condition to identify the contributing factors and address all of them. Your therapist is skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

Interventions such as education, manual therapy, therapeutic exercise, nerve and tendon glide techniques are widely used for effective results!



Contact Our Clinic Today

Addressing the pain early on is the best way to prevent an issue from becoming more debilitating. Physical therapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and helping you mobilize and strengthen the surrounding muscles to alleviate the pain associated with your injury.



Contact us today for support with learning how to manage the pain and learn exercises and techniques that can help you overcome

(864) 668-6985



Scan to book!

the injury and restore proper strength and functionality to your shoulders, elbows, and wrists.

Sources:
<https://pubmed.ncbi.nlm.nih.gov/30916527/>; <https://pubmed.ncbi.nlm.nih.gov/29921250/>;
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1283277/>;
<https://bmcmusculoskeletaldisord.biomedcentral.com/articles/10.1186/s12891-019-2902-8>;
<https://pubmed.ncbi.nlm.nih.gov/33407293/>

Treatment Spotlight DRY NEEDLING



Dry needling is based on Western medicine, targeting muscle tissue with the goal of reducing pain, deactivating trigger points and restoring function. Dry needling is a treatment performed by skilled, trained, physical therapists, certified in the procedure. A thin monofilament needle penetrates the skin and treats underlying muscular trigger points for the management of neuromusculoskeletal pain and movement impairments.

Many people question the difference between dry needling and acupuncture. While dry needling does use the same needles as acupuncture, they focus on two totally separate aspects of the body. Acupuncture focuses on energy pathways while Dry Needling directly targets your muscular system.

SUDOKU CHALLENGE

Fill each row, column and square (9 spaces each) with the numbers 1-9, without repeating any numbers within the rows or columns.

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

<http://1sudoku.com>

n° 28718 - Level Medium



Solution: Scan the QR code at left with your phone and enter this code into the solution box: 28718

ELLIE'S EDITORIAL



Hi friends! What a busy summer it's been for me — so many walks, trips, playing with friends, and dad has taken me so many places to explore so I am worn out! It's been pretty hot too so this pup is ready for some cooler weather! Remember to keep active during this upcoming football and holiday season; I know I love all the treats I can get! So come into our office and check out Susan's exercise class, have a PT give you an exercise regime or get rid of any pain with a quick laser session! Love seeing you all & hope to see you soon! — Ellie

ARE YOU IN NEED OF PELVIC FLOOR THERAPY?

Have you been experiencing pain or discomfort in your pelvic region? Are your daily activities being disrupted by pelvic pain? Have you recently given birth or are currently pregnant?

At FYZICAL, we take a collaborative and holistic approach to successfully treat patients with pelvic floor conditions. Our therapists have had extensive coursework in the area of pelvic floor health allowing them to effectively address our patients' issues as they move through different stages of life.

If you're searching for relief, know that pelvic floor therapy can help relieve symptoms of pelvic dysfunction and improve muscular strength! Pelvic floor rehabilitation aims to alleviate current pain while preventing it from recurring or worsening in the future.

To find relief, schedule an appointment with our physical therapists today. Our team of experts is looking forward to helping you reclaim your life!



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