

THE



**FYZICAL**<sup>®</sup>

Therapy & Balance Centers



MARCH 2024

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# STOP IT BEFORE IT STARTS:

Simple Tips to Prevent Shoulder Pain

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**FYZICAL**<sup>®</sup>  
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# NEWSLETTER



MARCH 2024

## STOP IT BEFORE IT STARTS:

### *Simple Tips to Prevent Shoulder Pain*

If you've ever suffered a shoulder injury, then you know how debilitating it can be. Not only are you experiencing persistent pain, but most shoulder injuries also restrict the range of motion in the joint, making day-to-day tasks — from grabbing a cup off the high shelf to brushing your hair — feel nearly impossible.

At FYZICAL Travelers Rest, our team of physical therapists will work with you to identify and resolve the underlying causes of your shoulder pain. We offer acute pain relief and can guide you through a complete shoulder rehabilitation regardless of whether or not you require surgery — and often, you can resolve a shoulder injury with physical therapy alone!

But that process can take a while, and we want to help you avoid shoulder injuries, too. While we do incorporate injury prevention information into our rehab programs, it's never a bad time to start incorporating small changes into your routine that can help prevent shoulder pain.

If you'd like to learn more about how we help prevent and alleviate shoulder pain, call us to schedule an appointment today!

### **What Causes Shoulder Pain and Injury, Anyway?**

Your shoulder is an incredibly complex ball-and-socket joint with several moving parts, including:

- **Three separate bones:** the humerus (arm bone), scapula (shoulder blade), and clavicle (collarbone)
- **Cartilage** that wraps and protects these bones from rubbing against each other
- **Three main ligaments** that connect your shoulder's bones
- **A collection of muscles and tendons** known as the rotator cuff that wrap and support the shoulder joint
- **Bursae:** small fluid-filled sacs that protect your tendons



Damaging any of these structures can lead to shoulder pain, weakness, and immobility. Some people injure their shoulders through sudden, acute injuries, especially if they're active — a hard fall on the football field could tear your rotator cuff or dislocate the arm bone out of your shoulder socket.

However, many shoulder injuries are actually **overuse injuries**, meaning the pain and immobility symptoms occur due to repeated micro-injuries in your shoulder's tissue. Often, sports-related shoulder injuries are actually due to overuse, as repeated overhead motions (such as throwing a ball or certain swimming strokes) put stress on the shoulder joint, leading to symptoms.

Using improper form can also contribute to overuse injuries, as can having improper posture — a weak upper back strains your shoulder muscles, making them do more work than needed.

Preventing shoulder pain is really about preventing these overuse injuries. By making small changes, you can keep your shoulders strong, healthy, and pain-free!



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## Five Ways You Can Help Prevent Shoulder Pain

- 1. Strengthen your upper body:** Strong upper back and shoulder muscles are better able to provide the shoulder joint with the support and stability it needs, meaning you'll be less likely to suffer an injury. Not sure how to get started? Our PTs can walk you through some appropriate exercises.
- 2. Keep your mobility:** We can show you simple range of motion exercises that will get the blood flowing to your joints, keeping them healthy. Reaching overhead, across your body, or behind your back are all basic stretches that can do wonders — just make sure you never force a movement!
- 3. Don't forget to warm up first:** Many popular recreational activities put you at risk for a shoulder injury, including swimming, pickleball, and tennis. It's crucial that you warm up your shoulder before you dive in. Try some quick cardio paired with active shoulder stretches (like arm circles).
- 4. Maintain proper posture:** Proper posture isn't about standing up straight all the time; it's about maintaining postural awareness and keeping your spine in alignment no matter what you're doing. And if you have a sedentary job, move around regularly. Both habits will help keep your upper back and shoulder strong.
- 5. Pay attention to ergonomics.** If your workspace isn't shoulder-friendly, you might wind up with an overuse injury. Simple changes — like adjusting the height of your computer monitor or maintaining good posture when using hand tools — will reduce repetitive stress and lower your chances of developing shoulder pain.

### Need A Little Help? We've Got You.

The FYZICAL Travelers Rest physical therapists can help you prevent shoulder injuries as easily as we can treat them! Whether you're looking for a shoulder stretch and strengthen routine, postural corrections, or some simple ergonomic adjustments, we're for you. Call us today to get started!



Sources: <https://www.ncbi.nlm.nih.gov/books/NBK554693/>; [https://www.physio-pedia.com/Evidence-Based\\_Interventions\\_for\\_Shoulder\\_Pain](https://www.physio-pedia.com/Evidence-Based_Interventions_for_Shoulder_Pain); <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10086287/>

## ERGONOMIC TIPS FOR GOOD SHOULDER HEALTH

Ergonomics is a field of study focused on optimizing the environments in which people work, ensuring a safe, happy, and productive workplace.

Whether you work in an office or at a construction site, your job might contribute to your shoulder pain. Simple ergonomic adjustments can help minimize your risk of a shoulder injury.

### If You Have an Office Job...

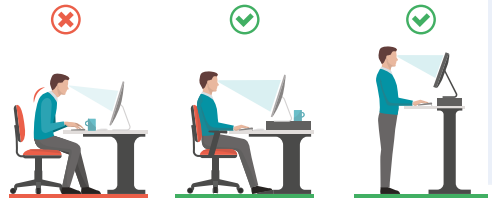
- Adjust the height of your desk and chair to ensure your elbows are bent at a 90-degree angle.
- Make sure your mouse is close enough to your keyboard that you don't overreach to use it.
- Adjust your monitor so the top is at or slightly below eye level.
- Take frequent breaks throughout the day to get up, move around, and stretch.

### If You Have a Manual Job...

- Avoid bending your torso to pick up items (even if they aren't heavy). Instead, use positioning devices (like a forklift) to bring the items right in front of you.
- Avoid repeatedly lifting items above your head whenever possible, and remember to keep what you're lifting close to your body.
- Take regular breaks, especially if you're performing repetitive movements.
- Always warm up before starting your day!

### Call FYZICAL Travelers Rest for Customized Tips

Want more personalized ergonomic advice from our team of physical therapists? Call to schedule an appointment today!



Sources: <https://www.osha.gov/etools/electrical-contractors/supplemental-information/solutions/tasks-arm>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8959976/>

**FREE LASER SESSION!** Refer someone you love, who becomes a patient, and get a free laser session!

## Treatment Spotlight

# DEEP TISSUE LASER THERAPY

Deep Tissue Laser Therapy is clinically proven to reduce pain and restore mobility. Deep Tissue Laser Therapy stimulates cellular metabolism, which speeds up the healing process. Laser Therapy is clinically proven as an effective treatment for pain and inflammation. It is able to penetrate to deep tissue structures and has the ability to treat a wide variety of both acute and chronic conditions. Research has shown unique benefits to Deep Tissue Laser Therapy, including improving localized blood circulation, reducing inflammation and/or edema, stimulates wound healing and tissue repair, stimulates nerve function, and develops collagen and muscle tissue. These benefits stimulate healing and result in faster recovery times!

### What Does Deep Tissues Lightforce Laser Therapy Help With?

#### • PAIN AND INFLAMMATION!

- Strains and Sprains
- Post-Operative
- Sciatica
- Arthritis
- Soft tissue swelling
- Carpal Tunnel Syndrome
- Wound healing
- Fibromyalgia
- And much more!



### Alternative to Drugs and Surgery — Non-Opioid Pain Relief!

The non-invasive nature of Deep Tissue Laser Therapy provides a solution for those who are looking for alternatives to prescription drugs and surgery.

### What to Expect

Patients feel a soothing warmth as laser energy gently penetrates tissue and boosts your body's own regeneration powers to relieve your pain. Results can be immediate or could take multiple sessions depending on what you are having treated. Treatments are painless and fast, only about 5-10 minutes!

## Patient Success Spotlight

"I highly recommend this place. Brett Russell and his staff are all so helpful. I had several treatments for a head and neck injury. **I received dry needling, laser treatments and manual massage each session** per my request. I also was taught a lot of strengthening exercises to increase mobility in my neck and shoulders. It is amazing how much they do to help each client get better. Thank you Brett for never giving up on my quest for pain-free days. This is the only physical therapy place that I will ever use. Yes, it really is a 5-star place without a doubt."

— MC

## ELLIE'S EDITORIAL



Woof woof, pals!

Can you believe it's already March? Spring is sniffing its way closer!

🐾 Don't forget to keep your PT routine in check to stay in tip-top shape for all the upcoming outdoor adventures. And guess what? We've got a paw-some benefit waiting for you — Deep Tissue Laser Therapy!

This treatment helps boost blood circulation, sniff out inflammation and edema, and even speeds up wound healing and tissue repair. So why wait? Spring into the clinic for some tail-wagging treatment, and of course, don't forget to swing by and give me a good ol' belly rub while you're here!

Can't wait to see you all soon!

— Ellie



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