



HOW PHYSICAL THERAPY CAN HELP YOU RESOLVE SHOULDER PAIN

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SCAN ME



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How Physical Therapy Can Help You Resolve Shoulder Pain

Have you been living with shoulder pain that wakes you up during the night? Do you find reaching overhead to be difficult and painful? You may be living with shoulder pain that can be resolved with physical therapy.

Our shoulders are the most flexible and movable joints in the body. The shoulder joint consists of a ball and shallow socket that allows for an impressive range of motion.

This mobility makes the shoulder more susceptible to injuries and pain because it depends on muscles to maintain stability and strength. When these muscles around the joint become weak or injured, the joint mechanics are affected, resulting in inflammation and pain.

Call Therapy West Physical Therapy & Sports Medicine today to schedule an appointment with one of our physical therapists so we can help you get back to your daily life, free of shoulder pains!

Adhesive capsulitis (Frozen shoulder)



Understanding Your Shoulder

Your shoulder is a ball-and-socket joint, meaning that the humerus (ball) fits perfectly in the corresponding space in the shoulder blade (socket). Each end of the bone is protected by thick cartilage that offers mild support and allows for fluid movement.

The shoulder has the following essential structures:

- **The rotator cuff:** This is a group of muscles surrounding the shoulder joint providing support and movement through a wide range of motion.
- **The bursas:** These are small sacs of fluid that cushion and protect the tendons from the bones.
- **The labrum:** This is the cartilage that helps reinforce the cup that the ball fits into.

Your shoulders can accomplish several physical feats due to their structure — however, this also means that they are at an increased risk of injury. When something becomes damaged in the shoulders, pain and discomfort develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

Book Your Next Appointment at www.TherapyWestPT.com Today!

Common Conditions That Cause Shoulder Pain

Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all. Pain due to wear and tear or degenerative changes are often more achy and sore.

The most common conditions affecting the shoulder are:

- **Strains:** A strain occurs when a muscle or tendon is stretched too far or torn. Strains that are not resolved fully can lead to ongoing shoulder pain, making it difficult to partake in exercise or even daily tasks.
- **Tendinitis:** Tendinitis in the shoulder joint occurs when the joint is injured or overused. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing irritation.
- **Cartilage injury:** An injury to the cartilage will typically lead to a limited range of motion and may lead to decreased strength in the affected shoulder. Often you will experience pain when moving your arm in specific ways, but not others.
- **Arthritis:** Osteoarthritis and rheumatoid arthritis are the two most common types of arthritis. Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant "wear and tear," typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat, resulting in pain and inflammation. In both cases, pain and loss of motion are typical.
- **Frozen shoulder:** Medically referred to as adhesive capsulitis, a frozen shoulder can occur if you have been bedridden or your arm has been in a cast or sling for a while. Unfortunately, it can also happen without an apparent cause. This condition causes tissues to stiffen up and causes this painful condition to occur.

How Physical Therapy Can Help

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. A physical therapist with experience treating shoulder pain will thoroughly evaluate the severity of your injury and identify any other limitations affecting your recovery, mobility, stability, or strength.

Our therapists at Therapy West Physical Therapy & Sports Medicine will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. Your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured shoulder. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate any appropriate pain relief technique to help ensure you can resume doing all the activities you love.

Call Today To Find Effective Shoulder Pain Relief!

Two of the biggest goals of physical therapy are to alleviate your pain and to improve your function. Your physical therapist will work with you to ensure that both are achieved throughout your physical therapy sessions.

If you are living with shoulder pain, don't let it limit your life any longer. Call Therapy West Physical Therapy & Sports Medicine today to find relief once and for all!

Sources:
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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1283277/>



If you are struggling with pain, see our website for additional information on your condition by scanning the QR code or by visiting www.TherapyWestPT.com

Get Your Life Back with Therapy West

Make an appointment today to start living your life again, pain-free!

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| Gunnison 435.289.6233 | Ephraim 435.289.6410 | Mount Pleasant 435.289.6442 | Richfield 435.289.6509 | Bicknell 435.289.6539 |
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Staff Spotlight | Derek Ellgen

Derek enjoys living and working in a rural community where he can use a variety of skills. He sees patients at the Ephraim Outpatient Clinic, Sanpete Valley Hospital, and home health in the surrounding area. Derek also spends time helping athletes at Manti High School and Snow College.

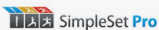
"I chose this career because it allows me to help others reach their goals and return to their normal activities. I enjoy assisting patients through their rehab journey and being part of the healing process. It's important to me to develop a relationship with each patient, making sure their needs and concerns are met."

In his spare time, Derek enjoys playing almost any kind of sport, hunting, hiking, and camping. He loves spending time with his wife, Julianne, and four daughters.



To learn more about our team and how we can help you, simply scan the QR code or by visit us online at www.TherapyWestPT.com

Exercise of the Month Shoulder External Rotation (Cable or band)



Standing tall with a folded towel between your body and elbow, clasp a cable or tubing. Bend your elbow with your hand facing forward, so that your arm extends outward. Keep your elbow close to your body while gently pulling your shoulder blades together. Slowly return to starting position, "fighting" the resistance.

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.



Come back and see us!

Are you struggling with pain that won't go away? We want to help! Call us or visit www.TherapyWestPT.com to schedule your consultation today!