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Physical Therapy Solutions for Shoulder, Elbow, and Wrist Pain

Health & Wellness Newsletter

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
- 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

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.



Don't Let Your 2023 Insurance Benefits Go To Waste!

Take charge of your health today and make the most of your insurance benefits! If you've already met your deductible this year or have funds left in your Health Savings Account, you can take advantage of our remarkable opportunity at Therapy West Physical Therapy. Don't let these valuable benefits go unused!

Stop letting pain get in the way. Give us a call or visit www.TherapyWestPT.com today!

Staff Spotlight

Joe Howe

RPT, VP, Co-founder, and
Clinical Director



Joe Howe, Co-founder of Therapy West, attended BYU and received his Pre-Physical Therapy degree, then attended St. Louis University where he graduated as a Registered Physical Therapist. Before moving to Ephraim, UT, 30+ years ago, he practiced in a rehabilitation clinic in Sandy, UT dealing with hand, spinal, and brain injuries.

Joe's time is spent in home-health, Mount Pleasant Hospital, and the clinic in Ephraim. He also works with the North Sanpete School District and high school students who have sports related injuries. He has volunteered with Manti High School athletics since 1998.

Joe is married to Kirsten with six beautiful children. Their favorite family time is spent outdoors, especially when everyone comes back for boating Utah's pristine Lake Powell waters.

[Click Here](#) to learn more about our entire team of specialists!



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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.

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

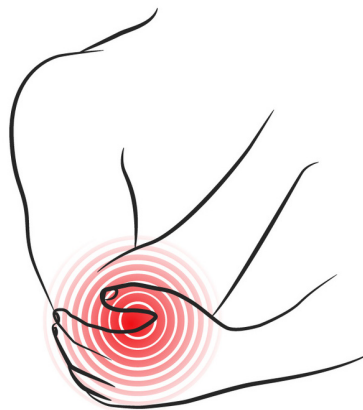
Physical Therapy For Shoulder, Elbow, and Wrist Pain

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 your physical therapist today for support with learning how to manage the pain and learn exercises and techniques that can help you overcome 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://bmc-musculoskeletal-disord.biomedcentral.com/articles/10.1186/s12891-019-2902-8>
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Stop letting pain get in the way. Give us a call or visit www.TherapyWestPT.com today!

How EMG/NCV Testing Can Help Identify the Source of Upper Extremity Pain

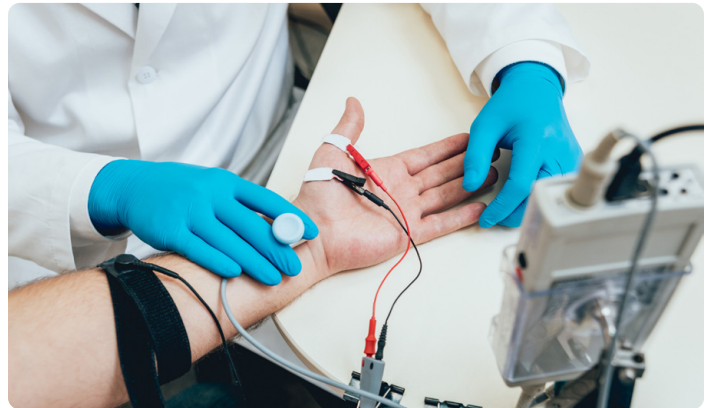
Pain in your shoulder, elbow, and wrist can be tricky to identify, as the source of the pain may not be where you're experiencing the pain. At Therapy West Physical Therapy, our board-certified physical therapists use EMG (electromyography) and NCV (nerve conduction velocity) testing to help us pinpoint the exact location of your injury or impairment.

EMG testing is a safe, simple procedure that evaluates your muscle health and function by determining whether or not your muscles are responding to nerve signals the way they should.

NCV testing is similar but measures how quickly electrical signals move through your body's nerves. It can help diagnose nerve disorders and is especially useful for identifying radiating pain. For example, you might have nerve damage in your elbow that you experience in your hands.

What Can I Expect During EMG/NCV Testing?

During an EMG test, one of our diagnostic specialists will place a needle electrode into your arm or shoulder muscles. We'll then send a small electric current into the



muscle while the EMG machine responds to your muscle's activity. We'll perform the test while the muscle is both relaxed and contracted.

During an NCV test, we'll use multiple surface electrodes (which are pressed onto your skin rather than inserted into the muscle) to measure how quickly an electrical current moves between them.

Call us to schedule an appointment today to learn more about our EMG/NCV testing services!

Sources
<https://medlineplus.gov/lab-tests/electromyography-emg-and-nerve-conduction-studies/>

Mount Pleasant

1050 S Medical Dr. Suite A
Mount Pleasant, Utah 84647
435.289.6442

[Request Appointment](#)

Ephraim

59 W 700 S
Ephraim, Utah 84627
435.289.6410

[Request Appointment](#)

Gunnison

13 E. Center St.
Gunnison, UT 84634
435.289.6233

[Request Appointment](#)

Richfield

860 N Main St. Suite C
Richfield, Utah 84701
435.289.6509

[Request Appointment](#)

Bicknell

128 S 300 W
Bicknell, Utah 84715
435.289.6539

[Request Appointment](#)

Manti

1 N Main St
Manti, UT 84642
435.462.1525

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