

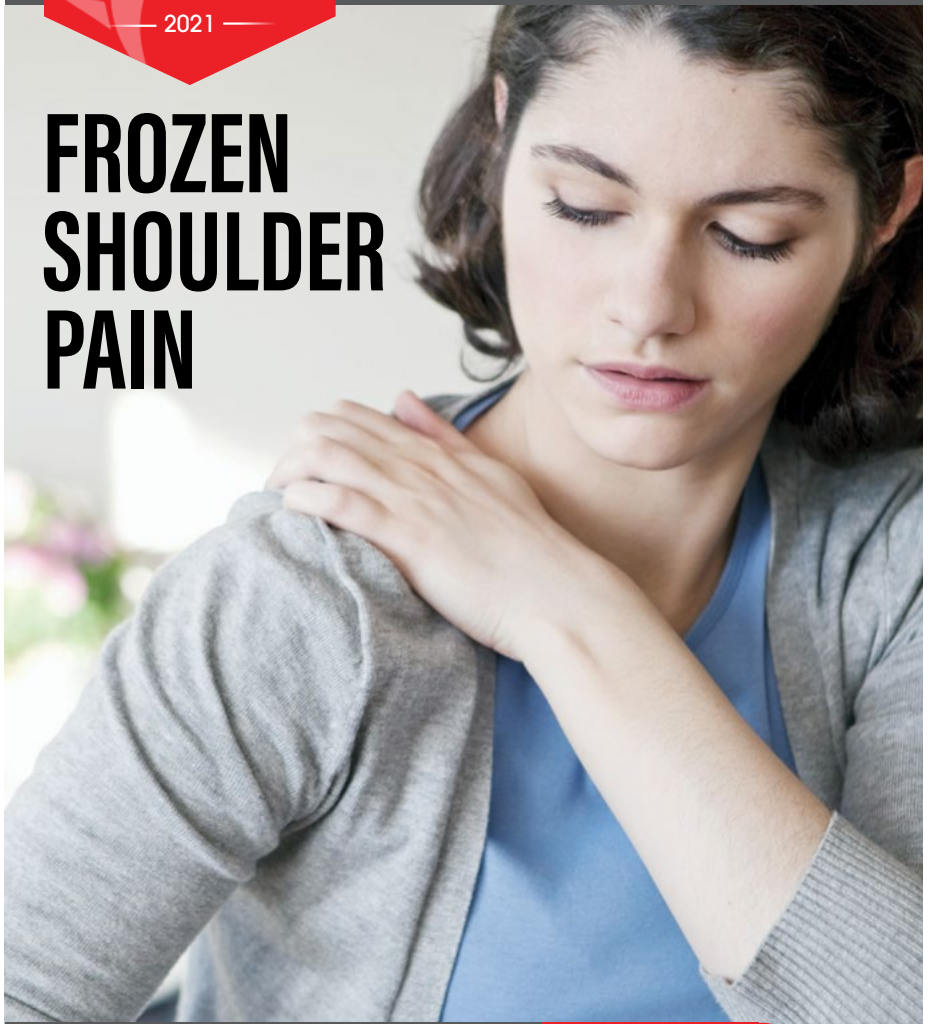


— 2021 —

THERAPY FIT

# NEWSLETTER

## FROZEN SHOULDER PAIN



- How Is Frozen Shoulder Diagnosed?
- Healthy Recipe
- Various Shoulder Condition Therapy Fit Can Treat
- Patient Success Spotlight
- Exercise Of The Month



[WWW.THERAPYFITPT.COM](http://WWW.THERAPYFITPT.COM)



2021

THERAPY FIT

# NEWSLETTER

## PHYSICAL THERAPY CAN HELP FROZEN SHOULDERS!



**FREE**  
PHYSICAL THERAPY  
**CONSULTATION**



**CALL (972) 587-9404 TO SCHEDULE TODAY!**

Spots are limited so call today!

Call to schedule.  
Expires 06-30-21

It's not uncommon for our clinic to see patients struggling with chronic shoulder pain. Often, we find that these patients are having to sacrifice their quality of life and have finally gotten fed up. There are many different factors that attribute to chronic shoulder pain, one of them being a common condition known as frozen shoulder.

Dealing with shoulder pain can make completing daily tasks nearly impossible without treatment. Physical therapy can help relieve (or even eliminate) your problem! If you're experiencing shoulder pain, contact our office today.

Our physical therapists will be able to do a full assessment, figure out if the source of your pain is frozen shoulder, and help you get on the road to recovery.

**What Is Frozen Shoulder?** Frozen shoulder, or "adhesive capsulitis" is a condition caused by inactivity that occurs after injury or alongside another physical problem. When scar tissue forms after a period of physical inactivity, the shoulder can become stiff or inflamed. Most people struggling with frozen shoulders complain of pain, discomfort when moving or using the affected joint, or even a total loss of movement in that shoulder.

Exactly what causes frozen shoulder remains somewhat of a mystery condition to many doctors and physical therapists, but a few possible causes are as follows:

- Results from a surgery or injury.
- Underlying conditions such as bursitis, tendonitis, arthritis, a rotator cuff tear, or any other condition causing a person to cease shoulder movement.
- Immobilization of the arm, such as in a sling, after surgery or fracture.

Overall, having a limited range of motion can cause you to develop a frozen shoulder. Frozen shoulders can also be the result of remaining bedridden, unable to get up and move around for a long time.

Most physical therapists recommend that patients with frozen shoulders rest often in between physical therapy appointments to avoid developing scar tissue in the shoulder. On the chance that scar tissue does develop, the muscles surrounding the shoulder may eventually freeze up as well.

# HOW IS FROZEN SHOULDER DIAGNOSED?

There are four stages in the development of frozen shoulders: prefreezing, freezing, frozen, and thawing. It's pretty common for patients to see our physical therapists in the freezing stage after they've already been experiencing pain for a little over half a year, or 9 months. At this point they're already in a lot of pain and pretty used to not being able to move their shoulder the way they'd like to!

At your consultation, one of our physical therapists here at Therapy Fit Physical Therapy will assess your condition, pinpoint the exact source of your pain, take a look at your medical history, and evaluate your strength and mobility levels.

He or she will also consider any other conditions that could be contributing to your pain, such as diabetes, an autoimmune disorder, or a thyroid disorder. From there a comprehensive treatment plan will be created just for you. It will most likely consist of targeted stretches, exercises, and best practices for you to regain strength and decrease stiffness and pain.

**What Kind of Physical Therapy Treatment Will Help?** Physical therapy for frozen shoulders focuses primarily on pain relief, using modalities, manual therapy, exercises, and at-home treatments. Your physical therapist's ultimate goal is to restore mobility and range of motion to the affected shoulder.

He or she will teach you how to relieve pain with stretching techniques and strengthening exercises, most of which you'll be able to complete at home to speed up the recovery progress.

At the moment there isn't very much we can do to prevent the development of frozen shoulder, however, the sooner you contact our office for an evaluation, the quicker we can address your pain symptoms and create your treatment plan!



**Contact Therapy Fit Physical Therapy today!** If you have been experiencing recurrent or chronic shoulder pain, it is important to consult with a physical therapist as soon as possible to find out if your problem is a frozen shoulder. Physical therapy is a safe and natural treatment option that can successfully help patients of all ages recover from their shoulder injuries.

There's no reason you need to risk the harmful effects of over-the-counter medication or spend a ton of money on an expensive surgery to gain relief from shoulder pain. **Call Therapy Fit Physical Therapy today to learn more about the benefits of physical therapy for shoulder pain, and begin your journey toward living a pain-free life!**

Source: <https://www.choosept.com/symptomsconditionsdetail/physical-therapy-guide-to-frozen-shoulder-adhesive-capsulitis>

## SCHEDULE AN APPOINTMENT BY CALLING 972-587-9404 TODAY!



## HEALTHY RECIPE

### Strawberry & Banana Popsicles

#### INGREDIENTS

- 1 pound strawberries, washed and stems removed
- 1 large, ripe banana

- 1/2 cup vanilla yogurt
- 1/2 cup milk
- sugar to taste (optional: let the fruit do the work instead!)

#### INSTRUCTIONS

Add the strawberries, banana, milk, and yogurt to the bowl of a food processor or blender and blend until smooth. Taste and add sugar if needed, depending on the ripeness of your fruit and your taste preferences. Pour the liquid into popsicle molds (or even paper cups), insert the handles, and freeze until firm, generally overnight. Enjoy frozen the next day.

Recipe Courtesy: Melissa @ [www.blessthismessplease.com](http://www.blessthismessplease.com)

## PATIENT SUCCESS SPOTLIGHT



***"I saw a lot of improvement in a few sessions itself."***

*"I saw Dr. Reddy for frozen shoulder issue. He and his staff are very professional—they worked with me based on how my shoulder/arm was responding by gradually adding different types of exercises. They also motivated me to take charge of my treatment and encouraged and guided me to do exercises at home. I saw a lot of improvement in a few sessions itself. I was not able to stretch my left arm when I went to him. He and his staff will go the extra mile to help you feel better. They have a lot of patience. I would highly recommend anyone looking for PT." - M.K.*

## EXERCISE OF THE MONTH



### Strengthens Shoulders

#### ARM FLY

Lay flat on your stomach with your arms at your side. Lift your chest and your arms off the floor then slowly move your arms to a "T". Repeat 10 times.

EXERCISES COPYRIGHT OF  
SimpleSet Pro  
WWW.SIMPLESET.NET



*This exercise is designed for pain prevention, call your therapist if you are experiencing any pain!*

## VARIOUS SHOULDER CONDITION THERAPY FIT CAN TREAT

- Acromioclavicular Joint
- Adhesive Capsulitis
- Arthritis
- Auto Accident Injuries
- Bed Sore (Pressure Ulcer)
- Biceps Tendinitis
- Biceps Tendon Rupture
- Cancer Pain
- Cerebral Palsy
- Cervical Radiculopathy
- Chronic Pain Syndromes (CPS)
- Collarbone Fracture (Clavicle Fracture)
- Frozen Shoulder (Adhesive Capsulitis)
- Infant Brachial Plexus Injury
- Multidirectional Instability (MDI) of the Shoulder
- Muscular Dystrophies
- Osteoarthritis of the Shoulder
- Paralysis/Paraplegia/Quadraplegia
- Proximal Humerus Fractures
- Rotator Cuff Tear/Tendinitis
- Shoulder Bursitis
- Shoulder Dislocation: Treatment After Surgery
- Shoulder Impingement
- Shoulder Labral Tear
- Shoulder Replacement (Arthroplasty) SLAP Lesion of Shoulder
- Snapping Scapula Syndrome
- Thoracic Outlet Syndrome

## Why You Need To Come Back In For A Tune-Up:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

Are you in pain? Have you sustained an injury?  
Give your physical therapist a call today!

# 972-587-9404



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## REFER A FRIEND

We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Who do you know that needs our help? Refer a friend or loved one to Therapy Fit! **Simply have them contact us at (972) 587-9404 or visit our site to schedule an appointment.** We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!



## FREE PHYSICAL THERAPY CONSULTATION