



# THE THERAPY FIT NEWSLETTER

## DON'T LET SHOULDER PAIN HOLD YOU BACK

TAKE A SWING AT IT WITH PT AND GET BACK TO  
ENJOYING YOUR ACTIVE LIFESTYLE — PAIN FREE

- Don't Let Shoulder Pain Hold You Back
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# THERAPY FIT NEWSLETTER



## DON'T LET SHOULDER PAIN HOLD YOU BACK

TAKE A SWING AT IT WITH PT AND  
GET BACK TO ENJOYING YOUR  
ACTIVE LIFESTYLE — PAIN FREE

HAS YOUR PAIN COME BACK?

Call today for a Free Physical  
Therapy Consultation

(972) 587-9404

*We can help you get back  
to the activities you love.*



### What is a rotator cuff injury?

Have you recently been experiencing an achy sensation in your arm, had issues getting to sleep at night, problems lifting things, or numbness in your neck? If these symptoms sound familiar, you might have received a rotator cuff injury, also known as a torn shoulder.

The rotator cuff is made up of muscles and tendons that help keep the shoulder in place and moving properly. People experiencing these kinds of injuries typically report feeling a painful, dull ache deep in their shoulder, difficulty reaching behind their backs, weakness in their arms, or trouble getting a good night's sleep due to pain.

It is true that some rotator cuff injuries require surgery if they are severe enough. However, oftentimes, physical therapy treatments can provide the same amount of relief (if not more) than surgery will. According to the American Physical Therapy Association, "...When it comes to treatment of nontraumatic rotator cuff tears, physical therapy alone produces results equal to those produced by arthroscopic surgery and open surgical repair."

At Therapy Fit, we offer natural and non-invasive methods of therapy that can help relieve your shoulder pain and heal your rotator cuff injury. Our physical therapists are professionally trained to know how to treat conditions

like these and assess your body for underlying conditions as well!

### Could my shoulder pain be caused by something else?

Yes! Our clinic sees tons of patients who arrive at their initial consultation thinking that if their shoulder is bothering them, the source of their pain also lies within their shoulder. All too often, we see that the true problem lies in their neck and can be the result of a pinched nerve in the upper spine.

This condition is referred to as "cervical radiculopathy," and its symptoms can be similar to those experienced by someone with a torn shoulder/rotator cuff injury. Symptoms also include pain, weakness, and the feeling of "pins and needles" (numbness) in the neck and down the arms.

### Is it a torn shoulder, or a pinched nerve?

Although the symptoms of these conditions are similar, there are ways

*Continued inside...*

# DON'T LET SHOULDER PAIN HOLD YOU BACK



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to differentiate between them. Typically, a pinched nerve will cause pain in just one shoulder, not both. Sharp pain is also more common versus feeling a dull ache as a result of muscle overuse.

Turning your head can cause the pain to be more intense as well. Tension headaches in the back of your head and severe neck pain are also signs that the cause of your shoulder pain is a pinched nerve instead of a torn rotator cuff.

With cervical radiculopathy, you may find that your shoulder joint feels extremely weak and useless as you attempt to lift something. In some cases, these symptoms extend from your shoulder down through your arm and hand, so it might even be difficult for you to grasp items as you normally would.

## Treatment and prevention for shoulder pain

Regardless of whether your pain is caused by a torn rotator cuff or a pinched nerve, physical therapy is a great option to restore and improve your strength and flexibility in your shoulders and neck.

Your physical therapist will assess your pain condition, create a customized treatment plan for your needs, and teach you exercises and stretches to improve your range of motion and strengthen the injured shoulder.

He or she will also inform you of things you should avoid doing to keep from reinjuring yourself and experiencing shoulder pain again down the road. For example, if you play sports, they may advise you to take frequent breaks to reduce the amount you are using your shoulder.

Shoulder pain is a common condition that can easily be diagnosed and treated, so don't hold out on seeing a physical therapist because you're hoping the pain will go away on its own! It is important to have your condition evaluated, that way you will know for sure if the problem is a torn rotator cuff, a pinched nerve, or something else entirely.

## Ditch the pain in your neck (or shoulder!) & come see us today!

Put an end to your problems today. Call Therapy Fit today and get scheduled for your very own consultation with one of our skilled physical therapists. They will be able to assess your condition, find the root of your pain problem, and set you on the right track to ditching your pain once and for all!



**SCHEDULE AN APPOINTMENT TODAY!**

**972-587-9404**

## EXERCISE YOUR MIND WITH SUDOKU

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

<http://1sudoku.com>

n° 218993 - Level Medium



## HEALTHY RECIPE

### Crab Tacos

#### INGREDIENTS

- Tortillas

#### FOR THE FILLING

- 50ml mayonnaise
- 200g brown crabmeat
- Juice ½ lime
- 1 small fennel bulb, very finely sliced
- ½ cucumber, halved lengthways, deseeded and sliced
- Small bunch fresh chives, finely chopped

- Small bunch fresh coriander, roughly chopped

- 2 spring onions, finely sliced

- 300g white crabmeat

#### FOR THE TOMATO SALSA

- 200g cherry tomatoes, quartered

- ½ red onion, very finely diced

- Juice 1 lime

- Handful fresh mint, finely chopped

- Coriander and mint leaves to garnish and lime wedges to serve

#### INSTRUCTIONS

Mix all the filling ingredients except the white crabmeat, then taste and season. Mix all the ingredients for the salsa in a bowl and season well.

To assemble, fill a tortilla with some of the filling mixture, then top with some white crabmeat and a dollop of salsa. Garnish with a few herb leaves, then roll up the tortilla.

Recipe: <https://www.deliciousmagazine.co.uk/recipes/crab-tacos/>

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## PATIENT SUCCESS SPOTLIGHT



***"Within few weeks my shoulder pain got better with the therapy."***

*"Entire staff at Therapy Fit is very knowledgeable and caring. Within few weeks my shoulder pain got better with the therapy. Therapist Dhara did an excellent job on my shoulder, was very courteous, caring and highly skilled. Dr. Reddy was caring and very professional. I highly recommend this place." - J.S.*

***Want results like this? Call Therapy Fit at 972.587.9404***

***to schedule your appointment today!***

## EXERCISE OF THE MONTH



**Helps Relieve Shoulder and Back Pain.**

### SOFT TISSUE RELEASE

Take a sock (or towel) and a tennis ball to perform this exercise. Place the tennis ball in the sock. Drape the sock over your shoulder so the tennis ball is against your upper back in a place where you have a tight muscle or localized pain. Now, lean against the wall so the ball presses directly on the affected area. Apply as much pressure as you can tolerate and so you can breathe comfortably. Hold it against that spot for 30 seconds to 2 minutes, or until the pain dissipates. You can roll your back up and down and side to side against the wall to create a self massage effect.



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

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WWW.SIMPLESET.NET

## 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





**THERAPY FIT**  
PHYSICAL THERAPY

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**FREE PHYSICAL THERAPY CONSULTATION**

**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!

