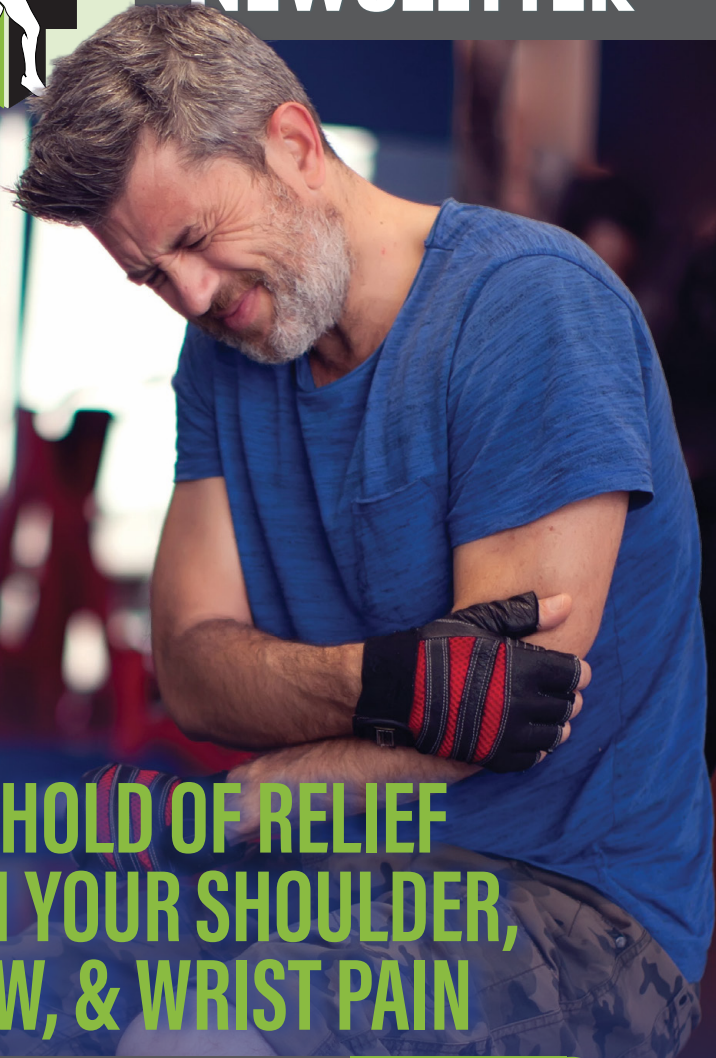




# THE THERAPY FIT NEWSLETTER



## TAKE HOLD OF RELIEF FROM YOUR SHOULDER, ELBOW, & WRIST PAIN

- We Make It Easy To Leave A Review
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# THERAPY FIT NEWSLETTER



## TAKE HOLD OF RELIEF FROM YOUR SHOULDER, ELBOW, & WRIST PAIN

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:



**ARE YOU IN PAIN!  
Call Today to Schedule  
Your Appointment**

**(972) 587-9404**

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

- Tennis and Golfer's elbow (i.e., tendinitis)
- Ligament sprains
- Broken and/or dislocated elbow
- Arthritis

Wrist pain is most common in groups participating in physically demanding activities like manual laborers and jobs that require computer use or repetitive movements. The leading causes of wrist pain:

- Carpal tunnel syndrome
- Arthritis
- Wrist tendinitis
- Repetitive motion syndrome

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.

Find your physical therapist so he/she can identify what may have caused the pain to create and what you can do to resolve it.

*Continued inside...*

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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.

The inner and outer aspect of the elbow is commonly thought to be where most people experience tendon or ligament injuries. Typically, the pain will be sharp at the junction of the tendon and bone but may refer that the forearm generally is due to tendon-related injury or inflammation.

A decreased range of motion is often associated with arthritis. Still, weakness or clumsiness when gripping or holding onto things can be signs of deeper problems. It may indicate a more severe condition: the more dysfunction and disability, the more your conditions warrant seeking help sooner than later.

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.

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://bmcmsculoskeletaldisord.biomedcentral.com/articles/10.1186/s12891-019-2902-8>, <https://pubmed.ncbi.nlm.nih.gov/33407293/>

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 help 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.**



**SCHEDULE AN APPOINTMENT TODAY!**  
**972-587-9404**

## EXERCISE YOUR MIND WITH SUDOKU

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<http://1sudoku.com>

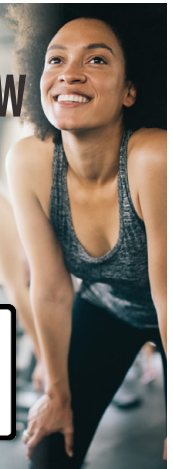
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## SHARE YOUR SUCCESS STORY

# WE MAKE IT EASY TO LEAVE A REVIEW

**LEAVE A GOOGLE REVIEW WITH  
YOUR MOBILE DEVICE!**

1. Open your smart phone to the camera app
2. Center the QR codes below in the frame (this will take you directly to our Facebook or Google Review Page)
3. Tell us how we did!



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## PATIENT SUCCESS SPOTLIGHT



***"Within 2 1/2 months I was able to return to the gym and resume lifting weights"***

*"I had frozen shoulder in my right shoulder (adhesive capsulitis) beginning in September 2020, and subsequently had surgery (capsular release) in October 2020. The frozen shoulder then appeared on my left side within a month or so, and I was despondent. I believed that surgery was the only answer due to the significance of the pain and the immediacy of onset and limiting range of motion factors. I began physical therapy at Therapy Fit as a last resort and in less than two months experienced a significant increase in range of motion and decrease in pain. Dr. Reddy, Dr. Chandhu, Dhara and Mousami were not only helpful in their encouragement in my recovery but also in their knowledge of the condition, and how to most effectively heal and avoid surgery. Within 2 - 2 1/2 months I was able to return to the gym and resume lifting weights, which I had not been able to do since the original onset on my right side in September 2020! I was skeptical at first, however, once I persisted and followed the regimen created for me by the team at Therapy Fit I ultimately avoided surgery and can even swing a golf club with a full rotation after a little over three months. Dr. Reddy has stated that 95% of patients can avoid surgery with the appropriate physical therapy, and I do not doubt him. Give these wonderful, beautiful folks a try should you find yourself with frozen shoulder – you'll be glad you did!" - L.S.*

## EXERCISE OF THE MONTH



This exercise strengthens shoulder muscles.

### ROW | CLOSE GRIP (BAND)

Sit tall, back straight with band around feet. Row band to stomach, squeezing shoulder blades together. Keep elbows close. Don't lean backward. Repeat this 10-15 times.



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 CONDITIONS THERAPY FIT CAN TREAT

- Rotator cuff tear
- Dislocation or fracture
- Supraspinatus Tendinitis
- Osteoarthritis
- Bursitis
- Surgical rehabilitation
- Frozen shoulder
- Radiating arm pain
- Shoulder blade pain
- Rheumatoid arthritis
- Biceps tendinitis



## 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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**SCHEDULE YOUR APPOINTMENT TODAY!**

**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!

