



# THERAPY FIT NEWSLETTER



## SHOULDERING YOUR ROTATOR CUFF PAIN

**FINDING RELIEF & RECOVERY WITH PHYSICAL  
THERAPY FOR YOUR ROTATOR CUFF INJURY!**

- We Make It Easy To Leave A Review
- Patient Success Spotlight
- Exercise of the Month
- How Do I know if I've injured My Rotator Cuff?
- Various Shoulder Conditions Therapy Fit Can Treat




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## SHOULDERING YOUR ROTATOR CUFF PAIN

### FINDING RELIEF & RECOVERY WITH PHYSICAL THERAPY



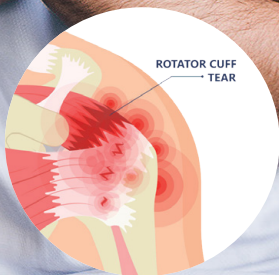
Have you noticed your shoulder is sore and not working like it used to? Have you been told you have a rotator cuff injury? Whether you have a sore shoulder or just had surgery to repair a tear, our team at Therapy Fit can help you recover from any rotator cuff problem and get back to using your arm doing what you love!

The rotator cuff is the group of 4 muscles and their tendons that surround your shoulder joint. These muscles are responsible for keeping the shoulder joint stable. Sometimes, the rotator cuff can become torn or injured due to an accident/trauma or repetitive overhead motions performed in sports or jobs.

The risk of injury increases with age but can also occur in younger people. Older adults can injure the rotator cuff when they fall on or strain with a sudden shoulder movement.

Continuous poor posture and improper positioning of the shoulders can make your scapula, or shoulder blade, much more vulnerable to pain and rotator cuff injuries. When left untreated, a rotator cuff tear can cause severe pain and decrease the ability to use the arm.

**Call Therapy Fit to set up an appointment and help relieve your shoulder pain and heal your rotator cuff injury.**



**ARE YOU IN PAIN?**

**Call Today to Schedule  
Your Appointment**

**(972) 587-9404**

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



# HOW DO I KNOW IF I'VE INJURED MY ROTATOR CUFF?

## And How Can Physical Therapy Help Me Recover?

When you suffer a rotator cuff injury, one or more muscles stop working correctly. Those who experience rotator cuff injuries often report a dull ache deep in their shoulder with a sense of weakness and/or pain reaching to the side and behind their back. One of the most common complaints is disturbed sleep due to pain.

Not everyone with a rotator cuff tear experiences pain or loss of motion and strength. Similarly, not everyone with shoulder pain has a rotator cuff tear!

The most common symptoms of a rotator cuff tear include:

- Shoulder pain on the side or back of the shoulder
- Loss of motion
- Decreased strength and mobility of your shoulder
- Decreased stability when lifting your arms overhead, including a giving way sensation

Our physical therapists can assess your shoulder and help you determine if you need surgery or not. So, if you have shoulder pain, check with your PT to get an idea of how your shoulder is moving and functioning and the steps you can take to resolve your problem.

### How Physical Therapy Can Help

**While rotator cuff injuries sometimes require surgery if they are severe enough, there are several cases where therapy treatments can work just as well (if not better) than surgery.**

When surgery is needed, physical therapy plays a significant role in recovery. Patients who undergo physical therapy within the first three months of surgery have substantial improvements in pain and function compared to patients who did not get physical therapy.

Often nontraumatic rotator cuff tears respond very well to therapy alone, but when surgery is required, a therapist will monitor and guide the patient's progress based on the surgeon's recommendations.

Regardless of the type of injury, the beginning of physical therapy will involve gaining motion in the shoulder through a progressive range of motion exercises. In addition, our therapist will use different treatments to help manage pain, including strategies for the safe performance of daily activities and sleeping positions to ease pain at night.

As your condition improves, strengthening can begin. Typically your therapist will progress you through isometric exercises, progressive resistive exercises, and eventually dynamic, activity/sports specific strengthening exercises. The goal is to ensure your shoulder can handle the stresses of your hobbies, sports, and work.

### What To Expect In Physical Therapy

Your initial appointment will consist of an evaluation to determine what course of treatment will be best for your needs. If surgery is needed, your therapist can help you prepare for your surgery and help you after to ensure you get the results you are looking for.

Your physical therapist will provide a treatment plan for you that will assist in restoring your range of motion, rotator cuff strengthening, shoulder blade stability exercises, and overall function of the affected shoulder.

At first, your treatment plan will consist of passive physical therapy, primarily focused on pain relief, swelling control, and restoring basic mobility. This may include manual therapy, gentle therapeutic exercises, or any other combination of treatment services that your physical therapist deems for your treatment plan.

When you visit a physical therapist to treat your rotator cuff tear, you can expect to engage in active exercises that are proven to be the best course of care for a rotator cuff injury.

**At Therapy Fit, we use specialized techniques to help improve the way your shoulder moves and functions. Our dedicated therapists will provide you with some much-needed relief and get you started on your path toward recovery!**

**If you are suffering from a rotator cuff injury, contact us today!**



**THERAPY FIT**  
PHYSICAL THERAPY

**972-587-9404**

## 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



*"...I ultimately avoided surgery and can even swing a golf club with a full rotation after a little over three months."*

"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!" - **Lionel S.**

## 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



## EXERCISE OF THE MONTH



This exercise helps strengthen shoulder muscles and relieve pain.

### 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.



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

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

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

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

# 972-587-9404





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**WWW.THERAPYFITPT.COM**

**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!

