

THERAPY FIT NEWSLETTER

MARCH 2023

Tips to Help Alleviate and Prevent Shoulder Pain

Do you notice your shoulder is waking you up at night? Are you having difficulty reaching or lifting overhead? You might have a rotator cuff injury or another shoulder disorder. At Therapy Fit, our physical therapists can help figure out what is causing your symptoms and how to resolve them so you can use your arm and get a good night's rest!

The most common cause of shoulder pain is due to injury or dysfunction of the rotator cuff. The shoulder joint is formed where the upper arm bone (i.e., humerus) fits into the shoulder blade (i.e., scapula). It is known as a ball and socket joint.

The rotator cuff is a group of muscles and tendons surrounding the shoulder joint. The job of these muscles is to help move the arm and stabilize the ball in the socket. Shoulder pain occurs if the shoulder tendons are pinched by the bones of the shoulder resulting in the tendons becoming inflamed or damaged.

At Therapy Fit, our physical therapists can help identify the cause of your shoulder pain and the steps needed to resolve it.

Request an appointment today, and let us help you get your arm moving again!

Conditions That Cause Shoulder Pain

The shoulder is the most mobile joint in the body, allowing us to use our arms in various ways, including reaching, pushing, pulling, lifting, and throwing. The complexity of movement requires the upper back (i.e., spine), shoulder blade (i.e., scapula), and the arm bone (i.e., humerus), and all the muscles and nerves work together to achieve the mobility and function we are accustomed to.

If any part of the system is not working correctly, we become more susceptible to injury. Repetitive stress or trauma can damage the shoulder complex and lead to pain. The most common shoulder problems fall into the following categories:

- Tendon inflammation
- Tendon tear (i.e., partial, complete, or degenerative)
- Bursitis
- Instability (i.e., partial or total dislocation)
- Fractures
- Degeneration and/or arthritis

Our therapists will guide the most effective treatments, including manual therapy, exercise recommendation, and injury prevention strategies.

**DAILY EXERCISES THAT CAN
HELP THE SHOULDERS**

Story Inside.

SCHEDULE AN EVALUATION

ARE YOU IN PAIN?

**Call Today to Schedule
Your Appointment**

(972) 587-9404



DAILY EXERCISES THAT CAN HELP THE SHOULDERS



Our team at Therapy Fit will identify the underlying causes of your shoulder pain and develop a treatment plan based on your individual needs. We emphasize targeted stretches/mobility work strengthening exercises to help your recovery and prevent future problems.

If you are looking to get started with some safe stretches that are used to help improve your shoulder function, try the following exercises:

Across-The-Chest Stretch

This exercise helps increase flexibility and range of motion in your shoulder joint and the surrounding muscles. Remember to stop if you feel increasing pain in your shoulder.

Start by bringing your right arm up and across your chest with your hand gently resting on your left shoulder, or use your left hand to support your arm by the elbow.

Use your left hand to gently press the right arm towards your chest until you feel a stretch in the right shoulder. Hold this position for 20-30 seconds and do 3-5 reps. Repeat on the opposite side.



Chest Expansion / Posture Corrections

This exercise promotes mobility of the upper back and range of motion in your shoulders. Slouching places the shoulder in a vulnerable position and makes you more susceptible to injury and pain.

While standing, hold a strap or towel behind your back with both hands. With control, move your



shoulder blades toward each other while lifting your chest/breast bone. Finish by lifting your chin slightly to the ceiling.

Hold for 20-30 seconds and repeat 3-5 times.

Thread The Needle

Start on your hands and knees. Lift your right hand toward the ceiling with your palm facing away from your body. Next, lower your right arm under your chest and reach across your body to the left side with your palm facing up.



Hold this position for 20-30 seconds and do 3-5 reps. Repeat on the opposite side.

Strengthening your shoulder muscles (i.e., rotator cuff and shoulder blade muscles) can also help support and stabilize your shoulder joint. Strength training can potentially decrease muscle imbalances and reduce the risk for shoulder injuries and shoulder pain.

Request an Appointment at Therapy Fit today!

Our team of physical therapists can help alleviate your shoulder pain and get your arm moving again. Call today and schedule your appointment!



PATIENT SUCCESS SPOTLIGHT



"...after seeing doc for 6 weeks the pain is gone."

"I had been having shoulder pain for 4-5 months and after seeing doc for 6 weeks the pain is gone. The pain had began to affect my quality of life. I highly recommend Therapy Fit. The staff is awesome from the top down. Mo is especially kind and welcoming." - A.B.

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WWW.THERAPYFITPT.COM

EXERCISE YOUR MIND WITH SUDOKU

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<http://1sudoku.com>

Level Hard

CALL THERAPY FIT AT 972.587.9404

TO SCHEDULE YOUR APPOINTMENT TODAY!

EXERCISE OF THE MONTH



This exercise helps to strengthen your shoulder.



ISOMETRIC SHOULDER ABDUCTION STRAIGHT

Start by standing sideways next to a wall. Hold your arm by your side and bring your hand to the wall, keeping your arm straight. Press your hand into the wall sideways, only pushing by attempting to move at your shoulder. Hold for 5 seconds. Do 3 sets of 5 reps.



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



THERAPY FIT PHYSICAL THERAPY

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SCHEDULE AN EVALUATION

Do you have aches and pains? Come Back In For A Tune-Up:

We can help in many ways, including:

- ✓ 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

If You Are In Pain or Have Sustained An Injury
Call Your Physical Therapist Today!

972.587.9404

SCHEDULE AN EVALUATION

