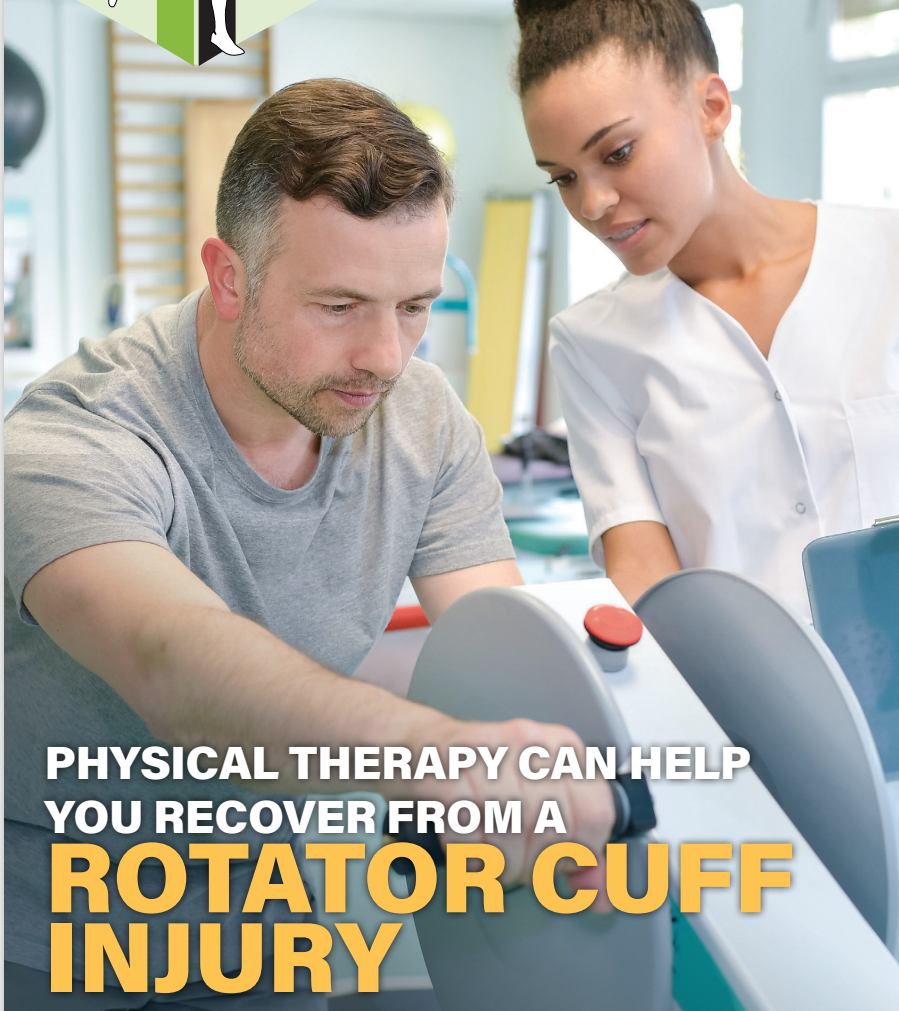




THE THERAPY FIT NEWSLETTER



PHYSICAL THERAPY CAN HELP YOU RECOVER FROM A **ROTATOR CUFF INJURY**

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THERAPY FIT NEWSLETTER

JULY 2023

PHYSICAL THERAPY CAN HELP YOU RECOVER FROM A ROTATOR CUFF INJURY



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 and doing what you love!

The rotator cuff is the group of four 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.

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.

How To Know If You've Injured Your Rotator Cuff

When you suffer a rotator cuff injury, one or more of the rotator cuff muscles stop working correctly. The most common symptoms of a rotator cuff tear include:

- A dull, deep ache in the side or back of the shoulder
- Loss of motion in the shoulder joint

- Decreased strength and mobility of your shoulder, especially when reaching to the side or behind the back
- Decreased stability when lifting your arms overhead, including a giving way sensation
- Disturbed sleep due to pain

It's important to remember that 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. Our physical therapists can assess your shoulder, help you determine the cause of your pain, and suggest potential treatment options.

Continued inside.

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ARE YOU IN PAIN?

**Call Today to Schedule
Your Appointment**

(972) 587-9404



Continued from previous page.

So if you have shoulder pain, call us to schedule an appointment! We'll work with you to understand 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 physical therapy treatments can work just as well (if not better) than surgery. Even when surgery is required, physical therapy plays a significant role in recovery.



Either way, our therapists will work closely with you to develop a customized treatment plan based on your needs. While every patient is different, you can likely expect the following:

- **General Pain Management:** We'll start by helping you address your pain, including suggestions for which movements to avoid and strategies to ensure a good night's sleep.
- **Manual Therapy:** These hands-on techniques can help manage pain and improve tissue and joint mobility, helping prepare your body for therapeutic exercise.
- **Postural Education:** Holding your spine in its natural position can help reduce strain on your shoulder. We'll help you find that natural position and provide tips to avoid slouching throughout the day.
- **Progressive Range of Motion Exercises:** In addition to pain management, the first step in treatment is to improve the range of motion in your shoulder. We'll start with passive exercises first, then move on to active assist exercises, allowing you to take a more active role while remaining supported. Finally, we'll progress to active range of motion exercises.
- **Strengthening Exercises:** Depending on the nature of your injury, we'll begin strengthening your rotator cuff and shoulder blades. As your condition improves, we'll start slowly and gradually build in intensity over time, starting with isometrics (i.e., static holds) and eventually building up to sports- or activity-specific movements.

Fully rehabilitating after a rotator cuff injury is a long process, lasting 6-12 months (and, for some people, even longer). Our experts will

help you make the most of that rehabilitation process, and the exercises you learn during physical therapy will keep your shoulder joint healthy if performed regularly.

Call Today To Schedule An Appointment

At Therapy Fit, we use a progressive approach to address your rotator cuff injury, helping to improve the way your shoulder moves and functions in the long term. 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!

972.587.9404



PATIENT SUCCESS SPOTLIGHT



"Dr. Reddy and his team are so great! He takes the time to explain why my pain exists and how each exercise will help build stability and/or strength. And the team is so friendly – they know me by name and make me feel so welcomed and cared about. If anyone is trying to decide between physical therapy or surgery, I highly recommend seeing Dr. Reddy – he can reduce your risk of needing surgery. I'm so thankful I found him. He has healed my rotator cuff AND the sciatica in my leg. It feels like magic!" –Debra D.



**SHARE YOUR SUCCESS
STORY AND BE
SOMEONE'S HERO**

Healthy Recipe



THE DETOXIFIER JUICE RECIPE

INGREDIENTS

- 2-3 med-Ig Beets
- 6 Carrots

- 2 medium Apples
- 1/2 Lemon
- 1-2 inch Ginger

DIRECTIONS – Wash, prep, and chop produce. Add produce to juicer one at a time. Serve cold over ice. May store in tightly sealed jars or glasses in the refrigerator for 7-10 days. Shake or stir well before drinking.

Source: <https://www.modernhoney.com/healthy-juice-cleanse-recipes/>

CALL THERAPY FIT AT 972.587.9404

TO SCHEDULE YOUR APPOINTMENT TODAY!

EXERCISE OF THE MONTH



This exercise helps to strengthen your shoulder.

SHOULDER EXTENSION (CANE)

Start by standing up straight with the arm to be exercised hanging by your side. Hold each end of the cane with one hand so that your arm to be exercised is holding the bottom end and your assisting arm is raised holding the top to make the cane positioned in a diagonal line. Lightly move your arm behind you pulling the cane and keeping your arm straight while your other arm assists by pushing lightly.



VARIOUS CONDITIONS THERAPY FIT CAN TREAT

- Arthritis
- Back Pain & Sciatica
- Scoliosis and Posture
- Elbow, Wrist Pain
- Hip and Knee Pain
- Interstitial Cystitis
- Neck Pain
- Post-Surgical Rehab
- Pre-Surgical Rehab
- Shoulder Pain
- Work Injury
- Sports Injury
- Chronic Pain
- Foot and Ankle Pain
- Women's Health
- Neurological Disorders
- Urinary Incontinence
- Balance and Gait Disorders
- Ankle Sprain
- Torticollis
- Plus More Conditions



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



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THE DETOXIFIER JUICE RECIPE

DETAILS INSIDE

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!

