

# NEWSLETTER

May  
2021



## WHAT IS ACTUALLY CAUSING YOUR SHOULDER PAIN?

Did you know that your shoulders are your most flexible and movable joints? Your shoulders have to move through an incredible 180 degrees of motion, while still maintaining stability and strength. The shoulder joint acts like a ball in a very shallow socket that is part of the shoulder blade. Some of the most important muscles in the rotator cuff are actually the smallest.

The rotator cuff is made up of 4 muscles that are small, but vital to keeping the ball stable in the socket. When these muscles are weak or injured, the ball can jam up into the socket of the shoulder blade, causing inflammation and pain.

Your shoulders are extremely complex, comprised of multiple muscles, tendons, and bones. They provide you with the mobility you need to perform many of your tasks throughout the day. If you have been living with shoulder pain, you can find natural relief with our physical therapy services.

### **Understanding your shoulder pain:**

Your shoulder is a "ball-and-socket joint," meaning that the humerus (head of the upper arm bone) fits perfectly in the corresponding space within the

scapula (shoulder blade). Each end of the bone is protected by a thick layer of cartilage that prevents the bones from rubbing together.

Your shoulders can accomplish several physical feats due to their structure - however, this also means that they are susceptible to an increased risk of injury because of their complexity. If something becomes damaged in the make-up of the shoulders, pain and discomfort can develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

If your pain is stemming from tendon impingement, it will generally occur as you lift your arm, fading before it is raised completely skyward. If your pain is a result of shoulder degeneration, it is likely that you will feel persistent aches every time you move your arm in certain directions. Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all.

**To learn more about how we can help you get back to your daily life, free of shoulder pains, contact Agility Physical Therapy today!**

**IMPROVEMYAGILITY.COM**

# *The Common Conditions That May Be Causing Your Shoulder Pain*

- **Strains and sprains.** A strain occurs when a muscle or tendon is stretched too far or torn. A sprain occurs when a ligament is stretched too far or torn. Strains and sprains can result in an ongoing shoulder pain that may make it difficult to partake in exercise or even daily tasks. If the strain or sprain is minor, it can sometimes be iced at home and healed with rest. More severe strains and sprains will often require physical therapy treatments.

- **Torn cartilage.** When a cartilage tears, you may experience a number of painful symptoms. You may experience decreased strength and a limited range of motion in the affected shoulder. You may also experience pain when moving your arm in certain ways. If you are suffering from a torn cartilage, physical therapy can provide relief.

- **Dislocation.** Dislocation of the shoulder occurs when the head of the humerus pops out of place. This type of injury is extremely painful and unfortunately makes you more vulnerable to recurrence after the first dislocation occurs.

- **Arthritis.** Osteoarthritis and rheumatoid arthritis are the two most common types of arthritis. Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant “wear and tear,” typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat. The immune system attacks the membranes surrounding the shoulder joint, resulting in pain and inflammation.

- **Tendinitis.** Tendinitis in the shoulder joint occurs when the joint is excessively overused. Symptoms include swelling and painful impingement when raising the affected arm. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing inflammation.

- **Frozen shoulder.** Medically referred to as “adhesive capsulitis,” frozen shoulder can occur if you have been bedridden for an extended period of time or if your arm has been in a cast or sling for a while. When you don’t have opportunities to exercise the shoulder, the tissues can stiffen up on you, thus causing this painful condition to occur.

Two of the biggest goals of physical therapy are 1) to alleviate your pain and 2) to improve your function. Your physical therapist will work with you to make sure that both of these are achieved throughout your physical therapy sessions. Your physical therapist will design a treatment plan specifically for you, which will include targeted stretches and exercises. It may also include any additional methods or modalities that your physical therapist deems fit, including ice and heat therapies, manual therapy, ultrasound, aquatic therapy, or electrical nerve stimulation.

**There are a wide range of conditions that can be treated with the help of physical therapy. If you are living with shoulder pain, don't let it limit your life any longer! Find natural, safe, and effective relief with Agility Physical Therapy today!**

# *Covid-19 Precautions*

Agility Physical Therapy is focused on keeping our equipment and facilities clean for you. To help prevent the spread of COVID-19, we want to also encourage our patients to help prevent the spread of coronavirus by:



**WASHING YOUR  
HANDS REGULARLY**



**AVOID TOUCHING  
YOUR FACE**



**SNEEZE & COUGH  
INTO TISSUES**



**AVOID HUGS OR  
SHAKING OF HANDS**



**DO NOT TOUCH  
MUCOUS**



**KEEP YOUR DISTANCE  
FROM THOSE INFECTED**

## ***FREE PAIN/INJURY ANALYSIS!***

**MOVE FREELY • ALLEVIATE PAIN NATURALLY • HAVE  
MORE ENERGY • ENJOY ACTIVITIES PAIN FREE •  
BE STRONGER**



***CALL TO SCHEDULE A  
TELEHEALTH OR IN-CLINIC  
APPOINTMENT TODAY!***

*Offer valid for the first 25 people to schedule. Expires 6-15-21*

# Healthy Recipe

## GREEN FRITTATA

### INGREDIENTS

- 2 eggs, lightly beaten
- 4 egg whites
- 2 tbsp fat-free milk
- 1 tsp snipped fresh chives
- 1/8 tsp black pepper
- 1/4 cup shredded Parmesan cheese
- 2 tsp olive oil
- 1/2 cup 1/2-inch pieces asparagus
- 1/4 cup sliced green onions
- 1/2 cup chopped spinach
- 1 clove garlic, minced
- 1 small Roma tomato, chopped

**DIRECTIONS** Preheat the broiler. In a small bowl combine the eggs, egg whites, milk, chives and pepper; stir in 2 tablespoons of the cheese. In an 8-inch nonstick broiler-proof skillet, heat oil over medium. Add asparagus and green onions; cook and stir for 2 minutes. Add spinach and garlic; cook for 30 seconds. Pour the egg mixture into the skillet; reduce heat to low. Cook covered for 10 to 12 minutes. Sprinkle with the remaining 2 tablespoons of cheese. Place skillet under broiler 4 to 5 inches from heat. Broil 1 minute or just until the top is set and the cheese is melted. Top with tomato.

## YOU DON'T HAVE TO LIVE WITH PAIN!



### DO YOU EXPERIENCE PAIN WITH THE FOLLOWING?

- Standing for more than 15 minutes
- Squatting up and down from the floor
- Walking up stairs
- Running, walking, or physical activities
- When you wake in the morning
- Doing daily chores or activities

Look at your answers to this checklist then make the decision to get help today. Call Agility Physical Therapy & Sports Performance!

**IMPROVEMYAGILITY.COM**



# Exercise Essentials

## SERRATUS WALL SLIDE

Place your forearms and hands along a wall so that your elbows are bent and your arms point towards the ceiling. Next, protract your shoulder blades forward and then slide your arms up the wall as shown. Then, return to original position and repeat 6 times.



## Patient Success Spotlight

**"YOU ARE AN  
EXCELLENT  
THERAPIST! THANK  
YOU AND KIND  
REGARDS!"**

*"Mark, I just want to let you know how much I appreciated your professionalism and kind words of encouragement over these past months. I truly don't think I would have recovered to this extent without your expertise. You are an excellent therapist! Thank you and kind regards!"*

**- M.W.**



**CALL TODAY! 941-484-8107**