

NEWSLETTER

AGILITY PHYSICAL THERAPY *Experience the Difference*

August
2021

HOW TO STRENGTHEN YOUR SHOULDERS AFTER SURGERY

Total shoulder replacement (medically referred to as total shoulder arthroplasty, or TSA) is a surgical procedure that is done to replace part or all of the shoulder joint. It is a common procedure that many people undergo, especially those suffering from arthritic pain in the shoulder joint. In fact, according to the Agency for Healthcare Research and Quality, approximately 53,000 Americans undergo total shoulder replacement each year.

Your shoulders are your most movable and flexible joints. They are an incredibly complex part of your body, consisting of several tendons, muscles, and bones. Your shoulders also provide you with a wide range of mobility, allowing you to perform physical tasks throughout the day.

After total shoulder replacement, it can be difficult to perform daily activities in the ways your shoulders are meant to. Fortunately, physical therapy can help strengthen your shoulders after surgery so you can get back to your daily life as quickly as possible. If you have recently had a total shoulder replacement procedure, or you have one planned in the near future, contact Agility Physical Therapy today to find out more about how we can help you achieve relief and recovery.

How will physical therapy help after total shoulder replacement?

In order to ensure the best results following your procedure, it would be in your best interest to partake in both pre-surgical physical therapy treatments and post-surgical physical therapy treatments.

The better your physical condition is before undergoing your procedure, the easier your recovery will be. When you participate in physical therapy treatments before surgery, your physical therapist will guide you through strengthening exercises to improve your shoulder and upper-back movement. This will help in keeping your shoulder function as strong as possible before your surgery, and it will make both the procedure and the recovery period much smoother.

It is no secret that physical therapy treatments will be needed after your surgery, as well. While pre-surgical treatments will undoubtedly help in making the process easier, you will still be in need of some guidance as you recover. You will be provided with information on any precautions you should take as your shoulder heals, such as wearing a sling or brace, or limiting certain activities. You will likely be in the hospital for a few days after your surgery, and will likely have to wear a sling for the next 2-6 weeks as your shoulder heals.

It is important not to try and move your shoulder on your own, until your physical therapist says you are ready. Rehabilitation treatments will begin a day or two after your procedure, most likely while you are still in the hospital. Treatments will begin by helping you through simple tasks, such as brushing your teeth, getting dressed, getting in and out of bed, and safely removing/putting on your sling. You will also be taught helpful tips to reduce pain and swelling on your own, such as how to properly elevate your arm or where to apply ice packs.

(continued inside)

How Can Physical Therapy Treat My Arthritis?

Once you are discharged, it is crucial to keep up with your physical therapy treatments. They will become more intensive until the function in your shoulder is fully regained. You will be guided through a series of exercises, all aimed at relieving pain, promoting healing, achieving function, and preventing any further damage from occurring. These include, but are not limited to:

- Strengthening exercises.
- Range-of-motion exercises.
- Functional training.
- Job/sport-specific training.

What else can I do?

Once you get your shoulders moving again, there are some exercises you can do on your own to make sure they stay strong. Follow the exercises below to maintain and continue to build your shoulder strength:

1. Position yourself in front of a wall. Begin by lightly pushing your forearms into the wall, while also sliding your arms up. Make sure to keep your back flat. Raise your arms as high as you can without feeling pain, while keeping your shoulders down. Do the same when bringing your arms back down. This

trains your body to strengthen your shoulders and raise your arms without substituting the neck muscles.

2. Simple shoulder and neck rolls are good starting points for getting your joints moving and muscles relaxed, which can both help to reduce pain.

Get your shoulders moving once again!

If you have recently received total shoulder replacement correction, or you are in need of it in the future, contact us today. At Agility Physical Therapy, our physical therapists are highly trained to help improve the flexibility and range of motion in your shoulder, in addition to relieving your pain and discomfort.

This will be done through an individualized treatment plan designed specifically for you, and may include any combination of treatment methods as your physical therapist deems fit. Your physical therapist will also prescribe targeted exercises and stretches to help regain your optimal shoulder function.

Don't suffer through a lengthy recovery period – contact Agility Physical Therapy today for relief!

WONDERING ABOUT YOUR ACHE OR PAIN?

Contact Agility Physical Therapy & Sports Performance to get all of your aches & pain questions answered. We can help your pain transform from a pressing problem, to a distant memory, allowing you to live a happy, active and pain-free life!

4 Simple Ways To Make Hydration A Habit!

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

1. ALWAYS CARRY A WATER BOTTLE.

If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.

2. WHEN YOU'RE FEELING FRAZZLED, GRAB A GLASS OF COLD WATER.

Studies show that people instantly feel more alert after drinking H2O.

3. SIP ON A MUG OF HERBAL TEA EVERY EVENING.

If you make this a habit, you'll add an extra cup of fluid to your body every single day.

4. EAT A DIET RICH IN WHOLE FOODS.

By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life.

Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.

FREE PAIN/INJURY ANALYSIS!

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

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

Offer valid for the first 25 people to schedule. Expires 9-15-21

Healthy Recipe

SUNRISE STRAWBERRY SMOOTHIE

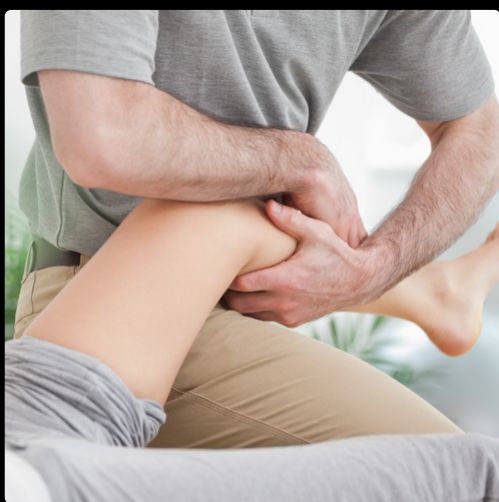
INGREDIENTS

- 1 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup blueberries
- ½ – 1 small beet frozen
- 1 ripe banana
- 1/2 cup kefir
- 1/2 cup milk – regular, nut, coconut, hemp, etc.
- 2 tbsp honey (optional)
- 1 tbsp hemp seeds
- 1/2 cup ice

DIRECTIONS

Place all ingredients into a high-speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!

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

"THEY WERE AN A+ TEAM FOR ME TO DO MY REHAB WITH."



"I'm extremely thankful that I choose Agility at Southbridge to assist me with my hip replacement rehab. My 2 therapists, David and Sean, gave me individualized exercises for not only for my strengthening my hip joint but they also included therapy for the muscular changes in my walking gait and body. Their attention to my specific body's needs assisted me in having a successful recovery and progressing as far as I have in just 8 weeks. Both therapists along with

Ronda, the office manager, were very welcoming and genuinely cared for how I was doing each time I came. They were an A+ team for me to do my rehab with. Plus, during these COVID times, I appreciated their small and safe environment" - S.S.

CALL TODAY! 941-484-8107