

NEWSLETTER

AGILITY
PHYSICAL THERAPY
Experience the Difference



WE 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 Agility Physical Therapy 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 Agility Physical Therapy to set up an appointment and help relieve your shoulder pain and heal your rotator cuff injury.

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How To Know If You've Injured Your Rotator Cuff

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 therapists 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.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5040201/> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6243427/> <https://www.sciencedirect.com/science/article/abs/pii/S1058274618307328> <https://www.sciencedirect.com/science/article/abs/pii/S105827462030906X>



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***START OFF THE SEASON RIGHT BY
SCHEDULING A FREE 20 MINUTE
TELEHEALTH APPOINTMENT***

Offer valid for the first 25 people to schedule. Expires 12.31.22

Our Annual Mothers House Family

This year we are continuing our annual tradition! We have adopted the two single moms from Our Mothers House. Trees are placed in each office with tags for gifts to pick for the families. Please consider getting involved and donating! We are collecting until 12/08. We are also sponsoring a Tomahawk 5K race at Wellen Park on 12/03. The benefits from the race will go to Ian Hurricane Relief so please consider running or donating!

Patient Success Spotlight

"I had four knee surgeries over the course of 18 months. I appreciated the time and consideration given to me each time I had a therapy session. Each individual I dealt with was courteous and polite and knew what they needed to do to help me recover. I would highly recommend them." — S.T.

Try This Tasty Recipe: Gingerbread Cookies

INGREDIENTS:

- 3 cups whole wheat pastry flour, plus more for work surface
- 2 tsp ground ginger
- 2 tsp ground cinnamon
- $\frac{3}{4}$ tsp kosher salt
- $\frac{1}{2}$ tsp ground cloves
- $\frac{1}{2}$ tsp finely ground black pepper
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{4}$ tsp baking powder
- $\frac{1}{2}$ cup melted coconut oil
- $\frac{1}{2}$ cup unsulphured molasses
- $\frac{1}{2}$ cup packed coconut sugar
- 1 large egg

LEMON ICING

- $\frac{1}{2}$ cup powdered sugar
- $\frac{1}{4}$ tsp lemon zest
- 2 $\frac{1}{4}$ tsp lemon juice

DIRECTIONS: Combine dry ingredients. In a separate bowl, whisk together coconut oil and molasses. Add coconut sugar and the egg; whisk until blended. Combine liquid and dry ingredients and mix until a dough forms. Divide dough in half, shaping each into a round disc about 1 inch thick. Wrap discs in plastic wrap and chill in the refrigerator for about 1 hour. Preheat oven to 350°F with racks in the middle and upper third. Lightly flour your work surface and roll out one disc until $\frac{1}{4}$ inch thick. Cut out shapes with cookie cutters and place each on a parchment-lined baking sheet, leaving about $\frac{1}{2}$ inch of space around each. Combine dough scraps into a ball and roll out again, repeating until all dough has been used. Repeat with remaining disc. Bake for 8 to 11 minutes (softer cookies: 8 minutes, crisp cookies: 11 minutes). After cookies have cooled, ice and/or sprinkle with powdered sugar.



ASHLEY HOSTETLER, PTA

Ashley was born and raised in Sarasota, FL. She received her physical therapy assistant degree in 2021 from Keiser University in Sarasota. Ashley and her husband enjoy spending time with family, playing basketball, and walking their dogs. Ashley fell in love with physical therapy after going through PT treatments herself a couple times in high school due to sports injuries.

ARE YOU KEEPING UP WITH YOUR APPOINTMENTS?

By ensuring you are staying on track with your physical therapy appointments, you will stay on the road of better health and wellness. Consistency is incredibly important in order to achieve the results you want. Can't make it to your appointment? We can also bill your insurance for telehealth and virtual visits! Contact us today with any questions or to schedule your next appointment!

Exercise Essentials

SHOULDER SHRUGS (WEIGHTS)

Stand upright with dumbbells in your hands and your arms straight by your sides. Slowly shrug your shoulders diagonally up and back in a straight line. Feel the contraction in your upper back just below your neck. Repeat 3 sets of 10 reps.



CALL TODAY! 941-484-8107