

NEWS LETTER



STRENGTHEN YOUR SHOULDERS AFTER A TOTAL SHOULDER REPLACEMENT

SEEK RELIEF TODAY

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STRENGTHEN YOUR SHOULDERS AFTER A TOTAL SHOULDER REPLACEMENT



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 a 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 Ellis 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.

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 ABOUT MY SHOULDER?

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:

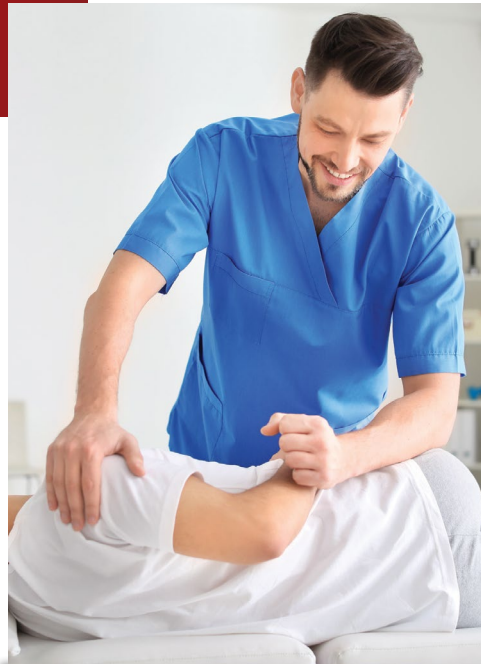
1. Position yourself in front of a wall. Begin by lightly pushing your forearms into the wall, while also sliding your arms up. Make sure to keep your back flat. Raise your arms as high as you can without feeling pain, while keeping your shoulders down. Do the same when bringing your arms back down. 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 a total shoulder replacement correction, or you are in need of it in the future, contact us today. At Ellis 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 Ellis Physical Therapy today for relief!



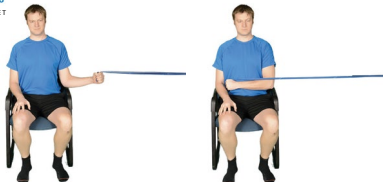
EXERCISE ESSENTIALS

Flexibility, strength, and stability are needed to keep you loose and pain-free...Not all exercises are appropriate for every person. Please consult with a healthcare provider before starting.

INTERNAL BAND PULL

Sit with good posture with a band tied to something stable next to you. Keeping your elbow by your side and at a 90 degree angle pull the band across your body. Repeat 10 times on each arm.

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Patient Success Spotlight

“I have gone BEYOND my limited expectations!”

“I was very happy following my referral to Ellis Physical Therapy. Utilizing the pool helped with muscle strengthening. Then along came Jordan, Physical Therapist extraordinaire! His phenomenal style of motivation and goal achievement encouraged me to go further than what I believed I could do. Because of his all-inclusive style I have gone BEYOND my limited expectations. I love this place and great staff. It is the place that emotionally and physically will meet your needs!” - G.H.

AT HOME PHYSICAL THERAPY WITH THERAPY

Ellis Physical Therapy now provides a HIPAA compliant telemedicine platform for their patients. We now offer services at a distance and through video telecommunications in the comfort of the patient's home. Stay safe and healthy and continue your PT treatment at home with Teletherapy.

Benefits of Teletherapy:

- No transportation time or costs
- No need to take time off of work
- Eliminate child or eldercare issues.
- On-demand options
- Access to Specialists
- Less Chance of Catching a New Illness
- Less Time in the Waiting Room
- Better Health

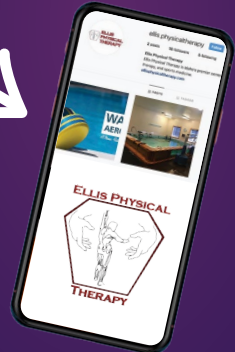


Visit <https://ellisphysicaltherapy.com/teletherapy/> today to schedule your teletherapy session today!

FOLLOW US ON INSTAGRAM

Did you know our clinic has its own Instagram page? Follow our page for the clinic, @ellis.physicaltherapy, to see fun photos of clinic activities, stay up-to-date on our happenings and events, and find helpful articles on conditions we treat!

We love staying in touch and connected with our patients!
Follow us today @ellis.physicaltherapy.



SEASONAL RECIPE

CHRISTMAS TOFFEE

INGREDIENTS

- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup brown sugar
- 1/2 cup butter (1 stick)
- 1 cup chocolate chips
- peppermint candy

INSTRUCTIONS: Preheat your oven to 425° and line 8 x 8 baking dish with parchment paper. Cover bottom of pan with crackers. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy and cool for several hours before serving.



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