



HEALTH & WELLNESS NEWSLETTER

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PHYSICAL THERAPY CAN HELP WITH YOUR STIFF SHOULDERS

COME BACK TO PHYSICAL THERAPY



INSIDE:

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REACH OUT FOR RELIEF FROM CHRONIC SHOULDER PAIN PHYSICAL THERAPY CAN HELP



Do you notice pain and stiffness in your shoulder? Has your shoulder suddenly become very hard to move? You may be experiencing a frozen shoulder and will benefit from having a physical therapist help you resolve your problem.

At Ellis Physical Therapy, our physical therapists are skilled at alleviating pain and restoring motion so you can get back to doing what you love! Many different factors can lead to chronic shoulder pain. One of the most painful and debilitating conditions is a frozen shoulder, also known as adhesive capsulitis. Dealing with shoulder pain can make completing daily tasks nearly impossible. Often people sacrifice their quality of life due to the pain and limitations.

Adhesive capsulitis is a condition characterized by stiffness and pain in your shoulder joint. Signs and symptoms typically begin gradually without a specific cause and worsen over time. Physical therapy can help relieve and even eliminate your problem!

If you're experiencing shoulder pain, contact Ellis Physical Therapy today. Our physical therapists will be able to do a full assessment, figure out if the source of your pain is a frozen shoulder, and help you get on the road to recovery.

What is a frozen shoulder? Frozen shoulder is a condition that develops when the tissue in your shoulder joint tightens and restricts movement. It is thought to be caused by inactivity that occurs after injury or alongside another shoulder problem, such as a rotator cuff injury, broken arm, or recovering from surgery. The exact causes of a frozen shoulder are not fully understood. A few factors that may put you more at risk for developing a frozen shoulder include:

- Diabetes
- Hypothyroidism and hyperthyroidism
- Parkinson's disease
- Cardiac disease

Most people struggling with frozen shoulders complain of pain, discomfort when moving or using the affected joint, or even a total loss of movement in that shoulder. Adhesions from the shoulder can become stiff or inflamed. Fortunately, physical therapy has been shown to help alleviate pain and mobility losses.

WHAT TO EXPECT WITH PHYSICAL THERAPY

At your consultation, one of our physical therapists here at Ellis Physical Therapy will assess your condition, pinpoint the exact source of your pain, take a look at your medical history, and evaluate your mobility and strength. There are three stages in the development of frozen shoulders:

- **Freezing:** In this stage, you gradually experience more and more pain. As the pain worsens, you start to lose range of motion.
- **Frozen:** This stage is characterized by motion loss, whereas the painful symptoms may improve. Daily activities are typically challenging during this phase.
- **Thawing:** Shoulder motion improves during this stage, and there is typically a complete return to normal or close to normal motion and strength.

It's pretty standard for patients to see our physical therapists in the freezing stage after they've already been experiencing pain for a little over half a year or nine months. At this point, they're already in a lot of pain and pretty used to not being able to move their shoulders the way they'd like to.

Our comprehensive treatment plan will consist of targeted stretches and specific home exercises to speed up the recovery process and regain your motion, reduce your pain and restore any lost strength. Physical therapy for frozen shoulders focuses primarily on pain relief, using modalities like ultrasound, e-stim, and lasers. In addition, we take a hands-on approach using targeted manual therapy techniques like soft tissue work and joint



mobilizations. Your physical therapist's ultimate goal is to restore mobility and range of motion to the affected shoulder. The quicker we can address your pain symptoms and range of motion deficits, the sooner you get back to doing what you love!

Contact Ellis Physical Therapy today! If you have been experiencing recurrent or chronic shoulder pain, it is essential to consult with a physical therapist as soon as possible to find out if your problem is a frozen shoulder. Physical therapy is a safe and natural treatment option that can successfully help patients of all ages recover from their shoulder injuries. **Call Ellis Physical Therapy today to learn more about the benefits of physical therapy for shoulder pain, and begin your journey toward living a pain-free life!**

Sources: <https://www.koreascience.or.kr/article/JAK0202032265179017.page>
https://www.banglajol.info/index.php/B_JMS/article/view/51550
https://jccr.com/uploads/2754_pdf.pdf

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.***

ARM FLY

Lay flat on your stomach with your arms at your side. Lift your chest and your arms off the floor then slowly move your arms to a "T". Repeat 10 times.

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Patient Success Spotlight

"After two visits, I was back on the road!"

"Ellis Physical Therapy saved my life. I had hurt myself and could hardly move to get out of my house let alone hop in my car and travel hundreds of miles over the following week to make sales stops at various businesses throughout the Northwest. After two visits, I was back on the road, not only feeling better but with knowledge and tools to help me keep on going. It seems like he knew just what was going on and just what to do to get me going again." - **Clint K.**



Call Us At (208) 266-2695 Today To Schedule An Appointment!

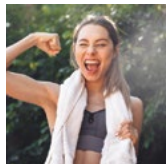
HAVE YOU SEEN OUR ENTIRE CLINIC? CHECK OUT A VIRTUAL TOUR OF ELLIS PHYSICAL THERAPY CLINIC

Ellis Physical Therapy offers a virtual look into our clinic! Discover areas of our clinic you may not have experienced, and treatments we offer for a wide range of conditions. Visit <https://youtu.be/AiM5eUpYVrY> to watch a video of our tour.



IMPROVE YOUR FITNESS LEVELS THIS SUMMER

Getting active improves your health, comfort, mobility, and overall quality of life, so if you're struggling with chronic pain that is keeping you from participating in fun physical activities, there's a problem! Do you need help addressing your aches and pains? Ellis Physical Therapy can help you prepare you for pain-free fun in the sun. Our physical therapists can evaluate your current physical condition and assess your fitness levels. It doesn't matter if you're currently moving with assistance from a walker, cane, or another device, or if you're a serious athlete: physical therapy can help you get into better shape, reduce your chance of injury, and eliminate pain from sore muscles and joints. If you are rehabilitating an injury, unsure of your exercise tolerance, or battling a particular chronic pain issue, it's a great idea to get in touch with a physical therapist before summer to create a plan of action! Are you ready to get in shape and improve your fitness levels for the warmer months ahead? Call our clinic today to set up an appointment to be seen by your favorite PT! Let's work together to be sure you have an awesome summer.



Healthy Recipe STRAWBERRY SCONES



INGREDIENTS

- 1 cup fresh strawberries, cut into small pieces
- 1 cup all purpose flour
- 1 cup whole wheat flour
- 1/4 cup sugar plus 1 tsp for topping
- 1/4 tsp salt
- 2 tsp baking powder
- 1/4 cup (half stick) frozen butter
- 3/4 cups 1% light buttermilk, cold
- 1 tsp vanilla

INSTRUCTIONS:

Preheat the oven to 400F. Measure out ¼ cup of sugar and remove 1 tbsp. Mix strawberries with 1 tsp of sugar and set aside. In a large bowl, mix all the dry ingredients including the remaining sugar. Using the large holes of a cheese grater, grate the frozen butter into the flour. Mix well with flour. In a medium bowl, mix the buttermilk, vanilla. Using a fork, slowly stir in the wet ingredients to the dry ingredients, until all the mixture is moistened. Do not over work the dough. Fold in the strawberries. Line a cookie sheet with a silicone sheet or parchment paper. Drop 8 equal large spoonfuls onto the cookie sheet (to avoid tough scones, do not press or compact). Sprinkle with one teaspoon of sugar. Bake in the center rack 18 minutes. Remove and let them cool about 5 minutes before eating.

Recipe: <https://www.skinnytaste.com/low-fat-strawberry-scones/>

ELLIS PHYSICAL



THERAPY

COME BACK TO PT!



Why You Need To Come Back In For A Tune-Up:

- ✓ 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

Are you in pain? Have you sustained an injury?
Give us a call today to schedule an appointment!

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