



HEALTH & WELLNESS NEWSLETTER

www.EllisPhysicalTherapy.com | (208) 266-2695



HOW PHYSICAL THERAPY CAN HELP YOUR SHOULDER PAIN

LEARN MORE INSIDE!



INSIDE:

- Physical Therapy For Shoulder Pain
- Healthy Recipe
- Patient Success Spotlight

**FOLLOW
US!**

Keep up with our clinic happenings by following us on social media!
Scan the QR codes to find us on Instagram and Facebook!



FACEBOOK



INSTAGRAM



HEALTH & WELLNESS NEWSLETTER

www.EllisPhysicalTherapy.com | (208) 266-2695



LIFE IS GREAT WHEN YOU EXPERIENCE RELIEF FROM SHOULDER PAIN PHYSICAL THERAPY CAN HELP



Have you been experiencing an achy sensation in your arm? Are you having issues getting to sleep at night or problems lifting things? If these symptoms sound familiar, you might have a rotator cuff injury or neck pain. At Ellis Physical Therapy, our physical therapist can help figure out what is causing your symptoms and how to resolve them once and for all!

The rotator cuff comprises muscles and tendons that help keep the shoulder in place and moving correctly. People experiencing rotator cuff injuries typically report feeling a painful, dull ache deep in their shoulder or trouble getting a good night's sleep due to pain. Some people experience difficulty reaching behind their backs or weakness in their arm especially reaching to the side or overhead. All too often, the source of the problem lies in the neck; a condition referred to as cervical radiculopathy. An irritated nerve in the neck can also lead to pain in the shoulder. Symptoms also include pain, weakness, and difficulty sleeping. These symptoms can be similar to those experienced by someone with a torn shoulder/rotator cuff injury.

At Ellis Physical Therapy, we offer effective, non-invasive methods of therapy that can help relieve your shoulder pain and heal your rotator cuff injury and/or neck pain. If you think you may have a rotator cuff injury or neck issues, contact our clinic and set up an appointment today!

How to tell if it is a rotator cuff issue or a pinched nerve. Although some symptoms of these conditions are similar, there are ways to differentiate between rotator cuff injury and cervical radiculopathy. Typically, a pinched nerve will cause pain due to neck movements and positions, whereas a rotator cuff injury is associated with shoulder

movements and positions. Ways to distinguish rotator cuff injury from neck pain include:

Quality of Pain: Rotator cuff tends to be dull at rest and can be sharp with specific movements on the shoulder/arm. The neck tends to have sharp pain at rest and movements of the neck and/or positions that stretch the nerve, resulting in more pain. Moving the neck rarely affects the rotator cuff symptoms.

Location of pain: People with rotator cuff injuries often experience pain in the shoulder itself, typically on the outer aspect of the shoulder. The location of the neck pain typically starts in the neck or shoulder blade. Most of the time, shoulder blade pain is a sign that your symptoms are coming from the neck. Although the rotator cuff pain can travel down into the arm in severe cases, it rarely affects the hand. In contrast, a nerve condition will affect the hand along with the distribution of the nerve root that is irritated. (This means pain in particular fingers).

Movements affecting pain: Rotator cuff injuries affect movements performed by the injured muscle. Symptoms coming from the neck are produced or intensified by turning your head or looking up/down.

Weakness: The most common movements affected by a rotator cuff injury are reaching to the side or overhead. With cervical radiculopathy, you may find that your shoulder joint feels extremely weak and useless as you attempt to lift something. In some cases, these symptoms extend from your shoulder down through your arm and hand, so it might even be difficult for you to grasp items as you usually would.

PHYSICAL THERAPY FOR SHOULDER PAIN

Regardless of whether your pain is caused by a torn rotator cuff or cervical radiculopathy, physical therapy is a great option to abolish pain, restore motion and improve your strength in your shoulders and neck. Your physical therapist will assess your pain condition, create a customized treatment plan for your needs, and teach you exercises and targeted stretches to improve your range of motion and reduce your pain. In addition, a comprehensive strengthening program to ensure a total return of the function to the injured shoulder.

Your therapist will also inform you of things you should avoid doing to keep from reinjuring yourself and experiencing shoulder pain again down the road. For example, if you play sports, they may advise you to take frequent breaks to reduce the amount you are using your shoulder. If your neck is the issue, learning about postures and what activities to avoid or modify will be essential for your outcome.

Shoulder pain is a common condition that can easily be diagnosed and treated, so don't hold out on seeing a physical therapist because you're hoping the pain will go away on its own! It is essential to have your condition evaluated. That way, you will know for sure if the problem is a torn rotator cuff, a pinched nerve, or something else entirely.



Come see us today! Put an end to your problems today. Call Ellis Physical Therapy today and get scheduled for your very own consultation with one of our skilled physical therapists. Our team will assess your condition, find the root of your pain problem, and set you on the right track to ditching your pain once and for all!

Sources: <https://www.choosept.com/guide/physical-therapy-guide-rotator-cuff-tear>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4827371/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5040201/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4958381/>

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.***

SHOULDER CIRCUMDUCTION

Start by standing up straight. Place your fingertips on your shoulders with your elbows sticking straight out to your sides. Slowly begin making clockwise circles with your elbows without moving your fingers. Continue as directed and then switch directions. Repeat 3 sets of 10 reps each.



Patient Success Spotlight

"I wouldn't go anywhere else!"

"This place is amazing and staff is so nice and friendly to you. I wouldn't go anywhere else except for this awesome place." - **Scott H.**



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

5 WAYS TO INVEST IN YOUR HEALTH TODAY

1. Make sure to eat healthy. Eating healthy doesn't mean you have to stay away from all sweets and salty snacks, it just means being smart about your food choices. Try swapping out your burger for lunch for a healthy meal of salmon and asparagus and buy less sugary snacks at the grocery store.

2. Exercise regularly. We all have unique bodily compositions. You don't have to work out so hard that you pass out! Find a workout that raises your heart rate as much as feels comfortable for you. In this sense, exercise turns into medication.

3. Get to sleep at a decent hour. Try to put your phone down and turn your television off in the evenings so your mind and body have a chance to slow down and get ready for sleep. Staying up until two in the morning is setting your body up for exhaustion. If you must have a light on at night, Harvard Health suggests "[using] dim red lights for night lights. Red light is less likely to shift circadian rhythm and suppress melatonin."



4. Have a primary care physician. Having a primary care doctor is a good way to keep all of your medical history in one place. You can also have a "go-to" office to call when you're in need of referrals for specialists.

5. Pay attention to your mental state of being. Your mental and emotional well-being are important as well. Investing in your health means investing in all aspects of your body, and if you're struggling with anxiety or depression, it could benefit you to see a counselor.

Sources: <https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>

Healthy Recipe

AVOCADO-EGG TOAST



INGREDIENTS

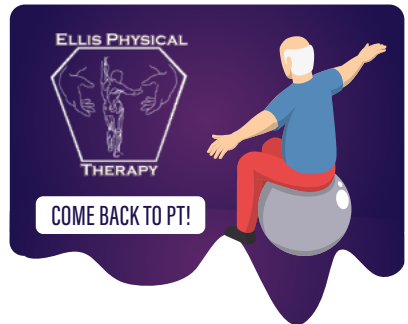
- ¼ avocado
- ¼ teaspoon ground pepper
- ½ teaspoon garlic powder

- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (Optional)
- 1 tablespoon scallion, sliced (Optional)

INSTRUCTIONS:

Combine avocado, pepper and garlic powder in a small bowl and gently mash. Top toast with the avocado mixture and fried egg. Garnish with Sriracha and scallion, if desired.

Source: <https://www.eatingwell.com/recipe/267169/avocado-egg-toast/>



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!

(208) 266-2695

