



NEWSLETTER



HOW PHYSICAL THERAPY CAN HELP YOU RESOLVE YOUR SHOULDER PAIN

OUR SERVICES

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EXERCISE

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HOW PHYSICAL
THERAPY CAN
HELP YOU

RESOLVE YOUR SHOULDER PAIN



Have you been living with shoulder pain that wakes you up during the night? Do you find reaching overhead to be difficult and painful? You may be living with shoulder pain that can be resolved with physical therapy.

At Wise Physical Therapy, we have the solutions that you are looking for!

Our shoulders are the most flexible and movable joints in the body. The shoulder joint consists of a ball and shallow socket that allows for an impressive range of motion.

This mobility makes the shoulder more susceptible to injuries and pain because it depends on muscles to maintain stability and strength. When these muscles around the joint become weak or injured, the joint mechanics are affected, resulting in inflammation and pain.

Call Wise Physical Therapy today to schedule an appointment with one of our physical therapists so we can help you get back to your daily life, free of shoulder pains!

UNDERSTANDING YOUR SHOULDER

Your shoulder is a ball-and-socket joint, meaning that the humerus (ball) fits perfectly in the corresponding space in the shoulder blade (socket). Each end of the bone is protected by thick cartilage that offers mild support and allows for fluid movement.

The shoulder has the following essential structures:

- The rotator cuff: This is a group of muscles surrounding the shoulder joint providing support and movement through a wide range of motion.
- The bursas: These are small sacs of fluid that cushion and protect the tendons from the bones.
- The labrum: This is the cartilage that helps reinforce the cup that the ball fits into.

Your shoulders can accomplish several physical feats due to their structure – however, this also means that they are at an increased risk of injury. When something becomes damaged in the shoulders, pain and discomfort develop.

Call Us Today (907) 562-2118

**SCHEDULE A CONSULTATION TODAY
GET RID OF YOUR ACHEs AND PAINS!**

HOW PHYSICAL THERAPY CAN HELP WITH SHOULDER PAIN

This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

COMMON CONDITIONS THAT CAUSE SHOULDER PAIN

Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all. Pain due to wear and tear or degenerative changes are often more achy and sore.

The most common conditions affecting the shoulder are:



- **Strains:** A strain occurs when a muscle or tendon is stretched too far or torn. Strains that are not resolved fully can lead to ongoing shoulder pain, making it difficult to partake in exercise or even daily tasks.



- **Tendinitis:** Tendinitis in the shoulder joint occurs when the joint is injured or overused. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing irritation.



- **Cartilage injury:** An injury to the cartilage will typically lead to a limited range of motion and may lead to decreased strength in the affected shoulder. Often you will experience pain when moving your arm in specific ways, but not others.



- **Arthritis:** Osteoarthritis and rheumatoid arthritis are the two most common types of arthritis. Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant "wear and tear," typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat, resulting in pain and inflammation. In both cases, pain and loss of motion are typical.



- **Frozen shoulder:** Medically referred to as adhesive capsulitis, a frozen shoulder can occur if you have been bedridden or your arm has been in a cast or sling for a while. Unfortunately, it can also happen without an apparent cause. This condition causes tissues to stiffen up and causes this painful condition to occur.

HOW PHYSICAL THERAPY CAN HELP

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible.

A physical therapist with experience

treating shoulder pain will thoroughly evaluate the severity of your injury and identify any other limitations affecting your recovery, mobility, stability, or strength.

Our therapist at Wise

Physical Therapy will create

a targeted, individualized care

plan to promote accelerated

recovery and future injury

prevention. Your physical therapist will

guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured shoulder. Next, we will focus on progressing your strength and dynamic

stability exercises designed to restore function and prevent injuries.

We will also incorporate any appropriate pain relief technique to help

ensure you can resume doing all the activities you love.

CALL TODAY TO FIND EFFECTIVE SHOULDER PAIN RELIEF!

Two of the biggest goals of physical therapy are to alleviate your pain and to improve your function.

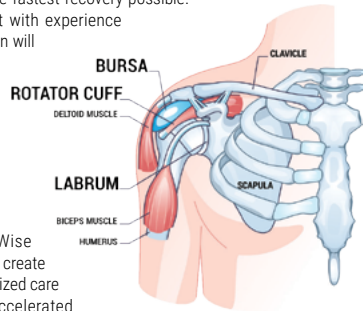
Your physical therapist will work with you to

ensure that both are achieved throughout

your physical therapy sessions.

If you are living with shoulder pain, don't let it limit your life any longer.

CALL WISE PHYSICAL THERAPY TODAY TO FIND SHOULDER PAIN RELIEF!



Sources: <https://www.jospt.org/doi/full/10.2519/jospt.2020.8498>; <https://www.jospt.org/doi/10.2519/jospt.2015.0110>; <https://www.sciencedirect.com/science/article/abs/pii/S2468781218302479>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1283277/>

HOW ARE WE DOING? LET US KNOW!

We can't wait to see you again! In the meantime, please leave us a review and let us know how we've been doing. Scan the QR code to go directly to our Review Us page. We look forward to seeing you again soon!



CALL US TODAY FOR AN APPOINTMENT (907) 562-2118

HEALTHY RECIPE: GREEN FRITTATA



- 2 eggs, lightly beaten
- 2 tsp olive oil
- 4 egg whites
- ½ cup ½-inch pieces asparagus
- 2 tbsp fat-free milk
- ¼ cup sliced green onions
- 1 tsp snipped fresh chives
- ½ cup chopped spinach leaves
- 1/8 tsp black pepper
- 1 clove garlic, minced
- ¼ cup shredded Parmesan cheese
- 1 small roma tomato, chopped

Preheat the broiler. In a small bowl combine the eggs, egg whites, milk, chives and pepper; stir in 2 tablespoons of the cheese. In an 8-inch nonstick broiler-proof skillet heat oil over medium. Add asparagus and green onions; cook and stir for 2 minutes. Add spinach and garlic; cook for 30 seconds. Pour the egg mixture into the skillet; reduce heat to low. Cook covered for 10 to 12 minutes. Sprinkle with the remaining 2 tablespoons of cheese. Place skillet under broiler 4 to 5 inches from heat. Broil 1 minute or just until the top is set and the cheese is melted. Top with tomato.

EXERCISE ESSENTIALS

Try this exercise to improve shoulder ROM.

PENDULUM WITH SUPPORT

Start by placing your unaffected hand on a table or chair for support with your affected arm hanging straight down in front of your chest. Slowly start moving your hips from side to side and let the momentum from your lower body cause your hanging arm to begin moving in a side to side motion. As symptoms improve, increase the diameter of your swing, but never force it. 3 sets, 10 reps.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

PATIENT SUCCESS STORY



“They got me cleared back to work in 3 months after my shoulder surgery.”

Wise Physical Therapy is amazing at what they do. I would recommend anyone who is in pain or needs physical therapy for anything, come see what the Wise Physical Therapy staff can do for you. They are a very talented group and all have different ways of doing things to get you back to your normal self. They got me cleared back to work in 3 months after my shoulder surgery. Thank you to all the therapists at Wise!!!

On a side note the front desk staff is amazing and very friendly!!

— Nathan D.



Do You Have Friends Or Family Who Can't:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

Name: _____

Referred by: _____

A free gift card for every person you refer to Wise Physical Therapy who becomes a patient!

Call (907) 562-2118 Today!



1200 Airport Heights Drive
Suite 170 (Building E)
Anchorage, AK 99508-2965
Phone: (907) 562-2118
www.wisept.com

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“Our Mission is Movement!”