



# NEWSLETTER



## PHYSICAL THERAPY 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 Wise Physical Therapy can help you recover from any rotator cuff problem and get back to using your arm and doing what you love!

The rotator cuff is the group of four 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 Wise Physical Therapy to set up an appointment and help relieve your shoulder pain and heal your rotator cuff injury.

### 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

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Visit us online at [wisept.com](http://wisept.com) or call today (833) 552-1483

# HOW TO TREAT A ROTATOR CUFF INJURY WITH PHYSICAL THERAPY



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 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.

## What to Expect in Physical Therapy

Your initial appointment will consist of an evaluation to determine what course of treatment will be best for your needs. If surgery is needed, your therapist can help you prepare for your surgery and help you after to ensure you get the results you are looking for.

Your physical therapist will provide a treatment plan for you that will assist in restoring your range of motion, rotator cuff strengthening, shoulder blade stability exercises, and overall function of the affected shoulder.

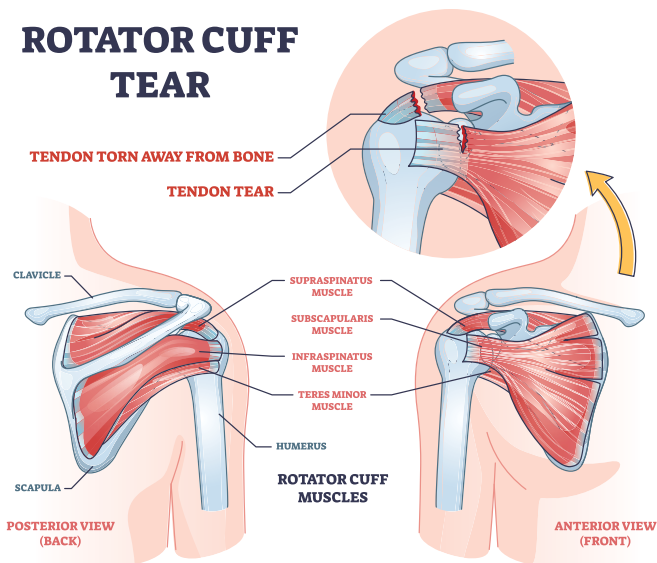
At first, your treatment plan will consist of passive physical therapy, primarily focused on pain relief, swelling control, and restoring basic mobility. This may include manual therapy, gentle therapeutic exercises, or any other combination of treatment services that your physical therapist deems for your treatment plan.

When you visit a physical therapist to treat your rotator cuff tear, you can expect to engage in active exercises that are proven to be the best course of care for a rotator cuff injury.

## Call Today to Schedule an Appointment

At Wise Physical Therapy, we use specialized techniques to help improve the way your shoulder moves and functions. Our dedicated therapists will provide you with some much-needed relief and get you started on your path toward recovery!

If you are suffering from a rotator cuff injury, contact us today!



**CLICK HERE to make an appointment  
with one of our shoulder specialists!**

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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# 4 SIMPLE WAYS



## TO MAKE HYDRATION A HABIT

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

1. Always carry a water bottle. If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
2. When you're feeling frazzled, grab a glass of cold water. Studies show that people instantly feel more alert after drinking H<sub>2</sub>O.
3. Sip on a mug of herbal tea every evening. If you make this a habit, you'll add an extra cup of fluid to your body every single day.
4. Eat a diet rich in whole foods. By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to share your PT experience and leave a review. Your story could inspire someone else to improve their lives by seeking PT. We look forward to hearing from you!

★ REVIEWS



## EXERCISE ESSENTIALS

### SHOULDER SHRUGS WITH WEIGHTS

*Try this to strengthen your upper back and shoulders*

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.



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

### Do You Have Friends or Family Who Can't:

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

### Refer Them to Us for Help!

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

## "Our Mission is Movement!"



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