

PRO-ACTIVE PHYSICAL THERAPY

BRYANT • SHERIDAN

N E W S L E T T E R



**WE CAN HELP YOU
RESOLVE SHOULDER PAIN**



www.proactivephysicaltherapy.health

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HOW PHYSICAL THERAPY CAN HELP YOU RESOLVE SHOULDER PAIN

INSIDE:

- Common Conditions That Cause Shoulder Pain
- Staff Spotlight

- Win A \$50 Amazon Gift Card!
- Exercise Essentials



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 PRO-ACTIVE 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 Pro-Active 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. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

To learn more about how we can help you live your healthiest life, contact us today! We can help you thrive this spring and get ready for summer fun.



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 is often more achy and sore.

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.
- **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.
- **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.

- **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.

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!

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 Pro-Active Physical Therapy today to find relief once and for all!

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/S2468761218302479> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1263277>

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OVERNIGHT BLUEBERRY FRENCH TOAST

INSTRUCTIONS:

- 12 slices day-old bread, cut into cubes
- 16 oz cream cheese, cut into cubes
- 1 c fresh blueberries
- 12 eggs, beaten
- 2 c milk
- 1 tsp vanilla extract
- ½ c maple syrup
- 1 c white sugar
- 2 tbsp cornstarch
- 1 c water
- 1 c fresh blueberries
- 1 tbsp butter



INSTRUCTIONS: Lightly grease a 9x13 inch baking dish. Arrange half the bread cubes in the dish, and top with cream cheese cubes. Sprinkle 1 cup blueberries over the cream cheese, and top with remaining bread cubes. In a large bowl, mix the eggs, milk, vanilla extract, and syrup. Pour over the bread cubes. Cover, and refrigerate overnight. Remove the bread cube mixture from the refrigerator about 30 minutes before baking. Preheat the oven to 350 degrees F (175 degrees C). Cover, and bake 30 minutes. Uncover, and continue baking 25 to 30 minutes, until center is firm and surface is lightly browned. In a medium saucepan, mix the sugar, cornstarch, and water. Bring to a boil. Stirring constantly, cook 3 to 4 minutes. Mix in the remaining 1 cup blueberries. Reduce heat, and simmer 10 minutes, until the blueberries burst. Stir in the butter, and pour over the baked French toast.

EXERCISE ESSENTIALS

Helps To Relieve Shoulder Pain



MEDIAN NERVE GLIDE

Start with your arm hanging down at your side with your elbows straight and palm facing forward. Next, bend your wrist forward and back. Your other hand should be checking to make sure that your shoulder stays down and drawn back the entire time. Hold for 15 seconds and repeat on both sides.



Patient Success Spotlight



"Krista was so easy to work with! She got to the bottom of my issues quickly and developed the perfect treatment plan!" – K.W.

"Great care!! Always putting the patient's needs first!" – K.M.

IF YOU NEED TO HAVE THERAPY:

- 1) **CHOOSE** Physical Therapy 2) **GO** to all prescribed therapy appointments!

FUN & GAMES

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	9	4	3				
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			4	9	1		
	7	2	3				

CALL BRYANT (501) 359-5841 OR SHERIDAN (870) 493-8187 TODAY!

Staff Spotlight



Krista Adams

Physical Therapist at Pro-Active Physical Therapy Bryant

Krista and her husband are current residents of Bryant, AR. She has 2 nieces and 1 nephew that she loves to spoil and says they are the best in the world! She attended college at UCA for her undergraduate and Harding University for PT school. In her spare time, she enjoys relaxing in her hammock and going to the lake. Krista participates in various community service projects throughout her church in Little Rock and surrounding communities. Krista joined our team in May 2018. She loves being able to help people return to their lives.

When asked what his favorite part of the job is she says:

"Meeting people from all walks of life and being part of their journey along the way". - Krista

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WIN A \$50 AMAZON GIFT CARD!

All 5-star reviews will be entered to win a \$50 Amazon gift card! Please include first name and last initial in your review so we can contact the correct winner! Scan the QR code below to leave your review now.

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This offer ends on May 31st 2022