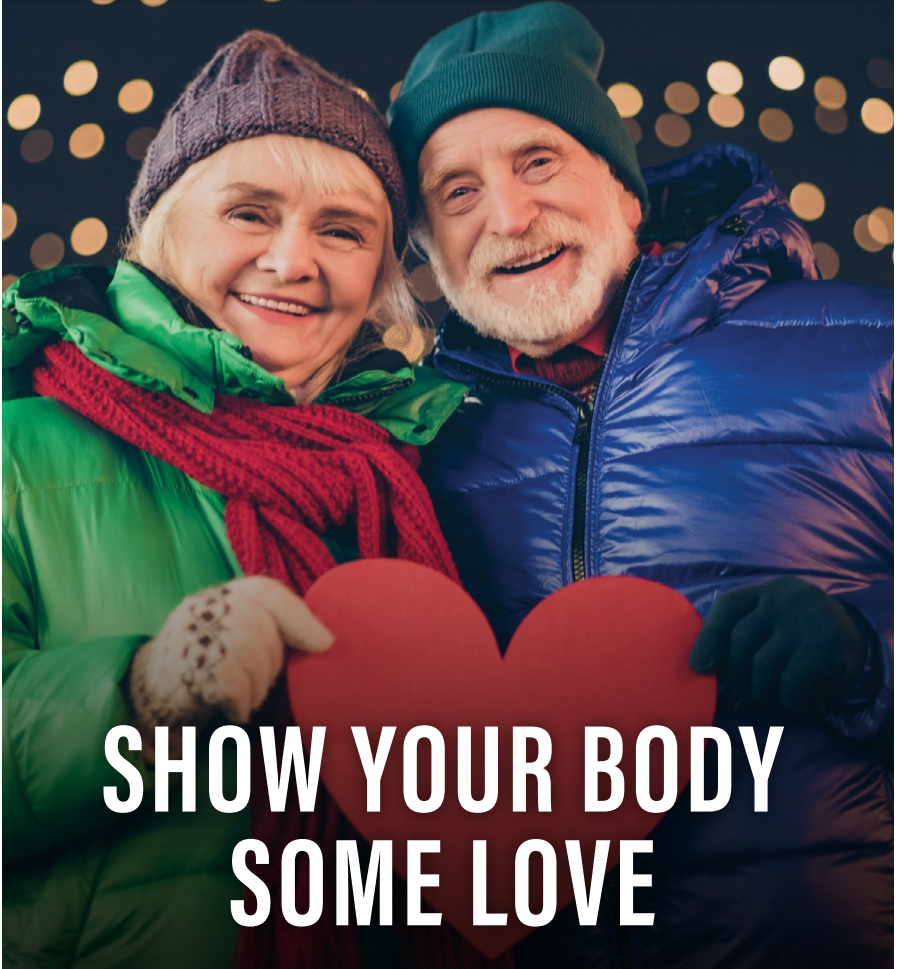


# MALVERN

## PHYSICAL THERAPY

N E W S L E T T E R



**SHOW YOUR BODY  
SOME LOVE**



[www.malvernphysicaltherapy.com](http://www.malvernphysicaltherapy.com)

# MALVERN PHYSICAL THERAPY

NEW S L E T T E R



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

The rotator cuff is the group of 4 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.

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!

Call Malvern Physical Therapy to set up an appointment and help relieve your shoulder pain and heal your rotator cuff injury.

**To learn more about how we can help you live your healthiest life, contact us today! We can help you thrive and live a pain-free life.**



(501) 359-5948 | [www.malvernphysicaltherapy.com](http://www.malvernphysicaltherapy.com)

# HOW TO KNOW IF YOU'VE INJURED YOUR ROTATOR CUFF

## 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

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 a progressive range of motion exercises. In addition, our therapist 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 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. 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 Malvern 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!

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>

[www.malvernphysicaltherapy.com](http://www.malvernphysicaltherapy.com)

## RED VELVET COOKIES

### INGREDIENTS:

- 175g soft salted butter
- 200g light brown soft sugar
- 100g caster sugar
- 1 large egg
- 2 tsp vanilla extract
- ½-1 tbsp red food colouring gel, depending on strength
- 225g plain flour
- 25g cocoa powder
- ½ tsp bicarbonate of soda
- 150g white chocolate chips or chunks
- 2 tbsp soft cheese
- 6 tbsp icing sugar

**DIRECTIONS:** Beat the butter and sugars together with an electric whisk until pale and fluffy. Beat in the egg, vanilla and food colouring until you have a bright red batter. Sieve over the flour, cocoa and bicarb. Fold everything together to make a stiff evenly-coloured dough, then fold in the chocolate chips. Put the dough on a sheet of baking parchment, fold the parchment over the dough and mould into a sausage shape about 6cm wide. Chill until ready to bake. Will keep for a week in the fridge or one month in the freezer. Heat the oven to 190C/170C fan/gas 5. Cut the cookie dough into 1cm thick slices using a sharp knife and arrange on two large baking sheets lined with baking parchment well-spaced apart so they have room to spread in the oven. Bake in batches, keeping the unbaked cookies on the sheet in the fridge while the rest are baking. Bake in the middle of the oven for 13-15 mins until the cookies are crisp at the edges, but still soft in the centre. Leave to cool on the baking sheet for a few minutes, then transfer to a wire rack to cool completely. Beat the soft cheese in a small bowl to a loose consistency, then stir in the icing sugar. Use a piping bag or spoon to drizzle the icing over the cookies. Un-iced cookies keep for five days in an airtight container, or two days iced.

## EXERCISE ESSENTIALS

### 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



**“Professional staff, always friendly. Got me back on my feet with no more pain in my lower back. Dan is the best, I am going to continue my core strengthening routine so I can stay free of lower back issues.” – J.E.**

**“It was always a positive part of my day when I was here for treatments. Very rewarding experience for me.” – P.M.**

### IF YOU NEED TO HAVE THERAPY:

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

## FUN & GAMES

9			3			2	1	7
	3	1	7					8
						4		6
2	9			8				3
		3				6		
4				1			9	5
8	9							
5					6	3	2	
3	4	2			5			9

### FREE 15-MIN CONSULTATION

Call to schedule yours today!

## Staff Spotlight



### Dan Myers

*Location: Benton Physical Therapy, Co-owner of Benton Physical Therapy, Malvern Physical Therapy and Pro-Active Physical Therapy; Sheridan and Bryant*

Dan and his wife Claire have 4 children, 2 boys and 2 girls. He attended college at UGA, USA and GSU. In his spare time he enjoys golfing, fishing and taking family vacations. He is recently retired from the Boy Scouts. One day he would like to Cruise Alaska. Dan has been with our company from day 1 as a Co-owner. He is happy to see the business grow as much as it has, “being a Physical Therapist and having a positive impact on the lives of others has just become a part of who I am”. Dan has 30+ years in the Physical Therapy field, he enjoys working with people and it shows.

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

*“Getting to work with many different types of people and helping them return to the things they love doing” – Dan*

# MALVERN PHYSICAL THERAPY

## 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.



This offer ends on February 28<sup>th</sup> 2023