

DON'T SHRUG OFF YOUR SHOULDER PAIN



THERE ARE MANY DIFFERENT CAUSES OF SHOULDER PAIN

- Overhead activities, such as swimming or throwing a baseball, may cause pinching of the rotator cuff or bicep tendon.
- Poor posture may place increased stress on the shoulder and cause pain.
- Trauma, such as falls, can also injure the shoulder.
- Shoulder pain can even be related to a neck issue or condition.

Regardless of the how or why, early treatment can prevent further injury and chronic shoulder problems.

HOW PHYSICAL THERAPY CAN HELP YOUR SHOULDER PAIN

We can help get you out of pain today. Your first visit involves a thorough evaluation. During this assessment, the therapist will ask you questions about the nature of your pain and how it is negatively impacting your life as well as get an idea on what your personal goals are with therapy. Next, your therapist will specifically measure key movements as well as test your strength to establish a custom treatment plan that will help you regain motion, improve your strength, eliminate your pain, and return you to your active lifestyle!

Don't ignore your pain, schedule your **FREE CONSULTATION** today! Our therapists will be able to help point you in the best direction to get you out of pain.

DID YOU KNOW?

PHYSICAL THERAPY CAN HELP MANY TYPES OF SHOULDER INJURIES AND CONDITIONS:

- FROZEN SHOULDER
- ROTATOR CUFF OR BICEP TENDONITIS
- SHOULDER INSTABILITY
- OVERUSE AND STRAINS
- ARTHRITIS
- BURSITIS/IMPINGEMENT
- BEFORE & AFTER REPLACEMENTS (PARTIAL OR REVERSE)

Pain is the number one cause of disability in the United States.

By ignoring your pain, you could be initiating an irreversible condition, particularly concerning your back, shoulders, arms, and neck. Normally, shoulders have a wide range of motion, making it the most mobile joint in the body. Because of this flexibility, however, they are not very stable and are easily injured. Shoulder problems develop from everyday wear and tear, overuse, or injury. Problems can also be caused by the natural process of aging. Whether paddling a kayak, carrying groceries, or pushing a lawn mower, we rely heavily on our shoulders to perform a number of activities so it's important that we keep them healthy.

AT HealthQuest,
WE MOTIVATE, EDUCATE AND
REHABILITATE ON OUR
QUEST TO HELP PEOPLE
LIVE LIFE WELL!
CALL TODAY TO SCHEDULE
YOUR FREE CONSULTATION OR
MOVEMENT SCREEN.
(855) 477-8463

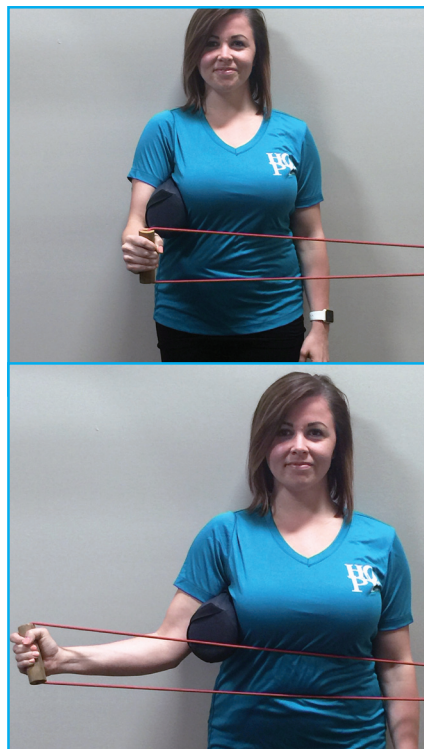
EXERCISE ESSENTIALS | EASY EXERCISES

Always consult your physical therapist or physician before starting an exercise regimen.



WAND FLEXION - SUPINE

1. Lay on your back, with your knees bent.
2. Hold a wand/broomstick in front of you with a "thumbs up grip."
3. Flatten lower back against the floor by tightening your stomach muscles.
4. While maintaining this position, slowly raise the wand overhead until a stretch is felt.
5. Complete 3 sets of 10 repetitions, 2-3 times a day.



EXTERNAL SHOULDER ROTATION (WITH THERABAND)

1. Loop your theraband onto a door knob and stand far enough away to ensure your band is taut when pulled.
2. Place a rolled up towel under your arm and keep your elbow at your side.
3. Maintain good posture by pulling your shoulder blades down and back. While keeping your arm bent at 90 degrees and your elbow at your side rotate your arm outward.
4. Return to starting position and repeat 10 times. Complete 3 sets, 3 times per week.

HOMETOWN TRIVIA...

What year was the Tiger's first official American League game?

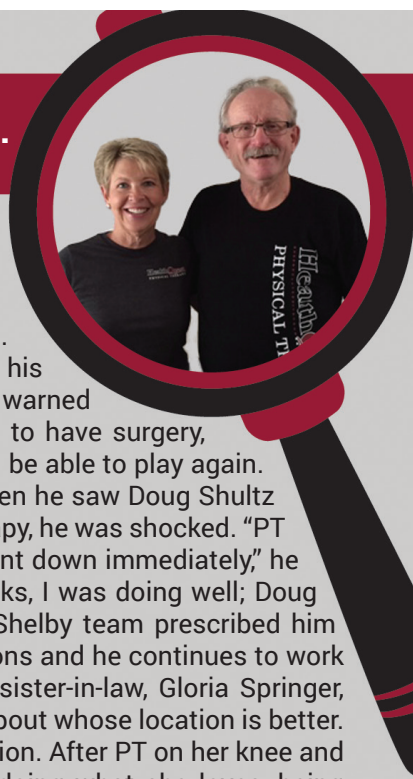
Visit www.HQPT.com and click on the HomeTown Trivia button on the left hand side of our homepage. If you answer correctly, you will be entered in a drawing to win a \$100 Gas Card! (Contest closes on June 30, 2016.)

Last Month Q/A:

Q: How many golf courses are there in Michigan?

A: According to Golf Link, Michigan has 1,057 golf courses.

PATIENT SPOTLIGHT...



When Nick Wissinger, an avid golfer and bowler, could barely walk, he knew something had to be done. His game was suffering and his son (a professional bowler) warned him about his form. He chose to have surgery, unsure and terrified if he would be able to play again. PT at home didn't help, but when he saw Doug Shultz at **HealthQuest** Physical Therapy, he was shocked. "PT didn't hurt and the swelling went down immediately," he explains. "In just a couple weeks, I was doing well; Doug really helped me." The whole Shelby team prescribed him exercises specific to his passions and he continues to work out after therapy. He and his sister-in-law, Gloria Springer, trade PT stories, often joking about whose location is better. She attends our Macomb location. After PT on her knee and shoulder, she is also back to doing what she loves, being active! She's at FitnessQuest daily and loves the morning class with Sabrina and Steve! We are honored we could help keep them doing what they love.

*Congratulations to our
May HomeTown Trivia
winner, Debra T!*

ASK THE THERAPIST...



I DON'T HAVE PAIN BUT I HEAR POPPING AND CRACKING WHEN I LIFT MY SHOULDER. SHOULD I BE WORRIED?

Shoulder popping and cracking could be something minor structurally or the beginning of a more serious problem. The best course of action would be to schedule a consult with your physical therapist to determine the actual cause of the crepitus (popping) in your shoulder. Often times simple postural exercises and rotator cuff strengthening exercises can help the problem. This is something we do every day in our office.



I'M A PREVIOUS ATHLETE AND HAVE HAD SHOULDER AND NECK PAIN FOR YEARS, I FOUND OUT, I HAVE ARTHRITIS. HOW WOULD PHYSICAL THERAPY HELP MY PAIN?

Arthritis occurs when the articular cartilage that covers and protects the underlying bone wears away. The purpose of this cartilage is to help your joints move smoothly and pain-free. Arthritis develops over time and is due to repeated trauma to the joint surfaces, which leads to pain and inflammation. This usually causes a decreased range of motion due to a restriction in the joint's mobility. Physical therapy can help in a few ways. First, the use of modalities such as moist heat or electric stimulation can assist in reducing the pain and inflammation associated with arthritis. Next, the physical therapist or assistant can help restore joint mobility by applying specific joint mobilization techniques. This will help open up the joint and reduce the compressive forces against the arthritic surfaces. Finally, the use of specialized stretching and strengthening exercises done at our facility and at home will assist in maximizing your outcome.

SHARE THE GIFT OF GOOD HEALTH!

*Mention us to family & friends.
For every new patient you refer,
we'll send you a \$25 gift card...
our way of saying THANKS!*



This month's 'Ask the Therapist' is brought to you by Ryan Vinson (pictured on right) and Doug Schultz (left). Ryan is the Director of our Macomb location and Doug is the Director of our Shelby location.

Ryan's doors first opened in December of 2008, which was our 8th location; Doug's doors opened in April 2003, our 5th location. Both Ryan's and Doug's team are well versed in a variety of injuries and conditions with a passion to help their patients stay active and injury-free. Their facilities have a focus on fitness, accompanied with outstanding Medical Fitness Directors to ensure their patient's transition from PT to fitness is a smooth one.

Both Doug and Ryan have three children as well as a passion for athletics. They enjoy spending time with their families, watching and playing sports, as well as actively participating in their communities.

**SHOULDER PAIN...
SEE INSIDE, WE CAN HELP!**

ANNOUNCING...

We are pleased to announce that all HealthQuest Physical Therapy locations are now IN-NETWORK with HAP PPO & HAP HMO. If you have HAP and are in pain, come see us! As a new patient, we'll verify your benefits to ensure there are no surprise costs to you. Physical Therapy is typically available with most policies, and we are in-network with most! If your policy ever changes, be sure to communicate to our front office staff.



CALL US TOLL FREE TODAY TO SCHEDULE YOUR FREE FITNESS ASSESSMENT!

1-855-HQPT-4-ME

12 LOCATIONS TO SERVE YOU

Chesterfield
(586) 713-5590

Clarkston
(248) 922-9001

Clawson
(248) 435-8230

Clinton Township
(586) 783-7590

Lake Orion
(248) 393-7707

Macomb Township
(586) 231-0043

New Baltimore
(586) 436-3900

Oxford
(248) 236-0035

Rochester Hills
(248) 650-4404

Romeo
(586) 336-4022

Shelby Township
(586) 532-9602

West Bloomfield
(248) 788-6100

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