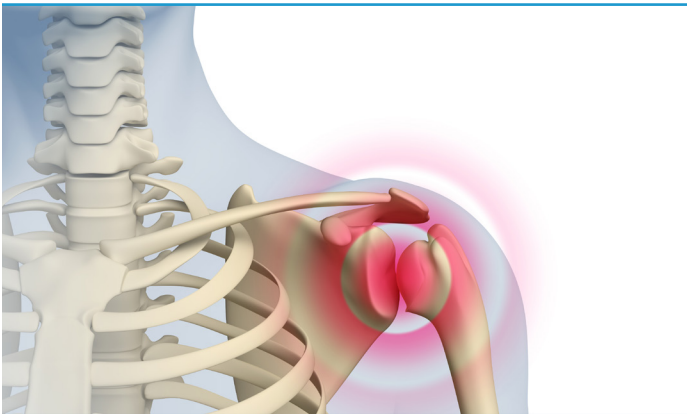


DON'T SHOULDER THE PAIN

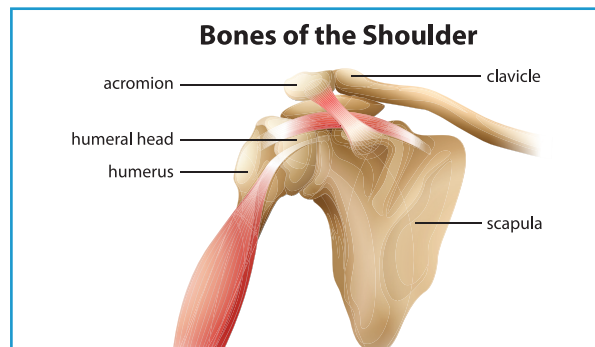


Due to our shoulders' wide range of motion, they are more prone to pains, strains, stiffness, and injuries. Moving correctly is the key to keeping your shoulders healthy. When movement is compromised, we may experience limited range of motion, tender spots, and other ailments. The majority of shoulder problems are a result of gradual irritation over time. When a shoulder hurts, it can indicate a deeper underlying injury. If left untreated, it can lead to further pain, disability, decreased quality of life and frustration.

The rotator cuff is the most common shoulder injury site. The good news is that physical therapy can be a large factor in both healing and avoiding surgery. The rotator cuff is a group of four muscles that stabilize the shoulder and allow it to move. The most common rotator cuff injuries are impingements and tears. An impingement occurs when a rotator cuff muscle swells and cramps the space between the arm and shoulder bones.

Muscle strain or other overuse injuries, as well as bone spurs, are common causes of swelling.

Rehabilitation of rotator cuff injuries at HealthQuest Physical Therapy consists of four segments. The first segment of rotator cuff treatment occurs immediately after the injury and will continue until pain-free range of motion (below shoulder height) has been achieved and normal daily activities are relatively pain-free. In the recovery segment, initial pain and inflammation is gone and most normal daily activities are pain-free and the injured arm has at least 75% range of movement compared to the uninjured one. During the functional (third) segment, movements which are more specific to your life, are reintroduced in preparation for returning (or starting) physical activity, which is the fourth segment, pain-free living. Our program ensures your transition from injury to life is seamless and your individual needs are met. Whether it's getting back on the baseball field or lifting your grand child, we can help!



A recent study in the Journal of Shoulder and Elbow Surgery (2014) examined if PT could help prevent the need for surgery for a tear. They found that 75% of patients avoided surgery by performing physical therapy despite having full thickness cuff tears.



ASK THE THERAPIST...



CAN PHYSICAL THERAPY FOR ROTATOR CUFF (RTC) TEARS PREVENT THE NEED FOR SURGERY?

Surgery for most patients should be a last option; physical therapy can give patients the opportunity to avoid surgery and live a comfortable life, even with a RTC tear. Corrective PT intervention can alter the internal environment of the shoulder and provide substantial relief. Manual intervention and shoulder mobilizations applied to the shoulder by a qualified physical therapist can restore the correct position of the shoulder inside the socket and give relief to a shoulder patients pain. Corrective exercises also create a better dynamic balance between the musculature that controls how the shoulder moves inside the socket and the musculature that controls how the shoulder blade rests on the rib cage.

This month's 'Ask the Therapist' is brought to you by co-owners of Clinton Township, Macomb, Chesterfield and New Baltimore, Ed and Julie Martel. The Martels have taken numerous advanced trainings including Women's Health, Neurological Conditions and Overhead Sporting Injuries to name a few. They enjoy being part of the community and you'll often find them being active with their 3 children.

www.HQPT.com

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

EXERCISE ESSENTIALS



PRONE Y EXERCISE -ON BALL

- While lying face down over a ball, ensure your spine (neck) is neutral/straight.
- Straighten your knees and raise up only your arms (out and up). From above, you will look like a Y. Hold for 3 seconds.
- Lower your arms. You may feel this exercise in your lower shoulders (traps).
- Repeat 10 times a day.

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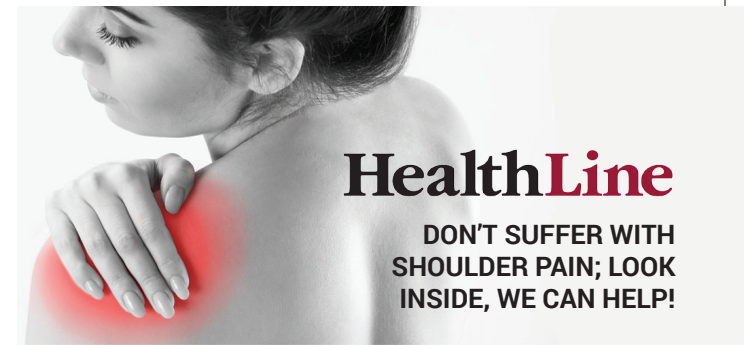
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HealthLine

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INSIDE, WE CAN HELP!**

OVERHEAD ATHLETIC INSTITUTE



Long-time partner of HQPT, the Overhead Athletic Institute (OAI) specializes in exactly that, overhead injuries. OAI was founded by Ed Martel, a former professional pitcher who transitioned into a Physical Therapist and co-director/co-owner of many HQPT locations. Whether it's baseball, volleyball or tennis, OAI can help athletes after injury and/or excel in their sport. The OAI team will analyze the athlete's motion and work with him/her to not only perfect their motion but also ensure they can perform it for years, injury free. Check them out at www.overheadathletics.com

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