

DON'T SHOULDER THE PAIN



Shoulder pain is a common ache felt by most Americans. It has been estimated that up to 67% of us will experience it at some point in our lives (TIME, 2017). The most mobile joint in your body, the shoulder is made up of bones held in place by muscles, tendons, and ligaments. They're all designed to work together to allow the shoulder to move freely in different directions. This allows you to do everything from raising your arms over your head to throwing a baseball. Unfortunately, this mobility comes at the expense of stability and that leaves the shoulder vulnerable to injury.

WHAT CAUSES SHOULDER PAIN?

Shoulder pain may result from a variety of causes including an injury, straining to reach an object or lifting something heavy. However, the majority of shoulder pain or problems are a result of gradual irritation over time. This may be due to repetitive use of the arm, poor posture, or muscle imbalances such as tight and/or weak muscles. If left untreated,

minor irritations in the shoulder often lead to greater problems over time.

HOW CAN PHYSICAL THERAPY HELP?

Your physical therapist will perform a thorough evaluation to find the true underlying cause of your shoulder pain. Once the cause(s) have been identified, he/she will discuss treatment recommendations with you. The first phase is to eliminate the pain and inflammation. This can be done via modalities such as cold packs and electric stimulation, hands on care, education, and some gentle exercises. Once the inflammation has subsided, focus shifts to reestablishing normal range of motion and strength training to get you back to doing the things you need and love to do!

WHEN SHOULD I SEEK TREATMENT FOR SHOULDER PAIN?

Whether the pain is caused by a sudden injury such as a fall, or if the pain has gradually increased in the shoulder over a 2-week period and has not subsided, give us a call at (855) 477-8463 or schedule your free assessment online at www.HQPT.com. Don't wait and let the pain start to erode your ability to live life well! CALL TODAY!



EXERCISE ESSENTIALS

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

STRETCH AND STRENGTHEN

There are an infinite number of exercises that can improve shoulder health. This stretch is a very basic rotator cuff exercise that may help prevent repetitive shoulder injuries in the future.



This strengthening exercise will ensure the muscles hold the shoulders in place.



(855) HQPT-4ME

[Use It or Lose it]



We've all heard the saying "use it or lose it." It applies to your memory, your muscles, and your health insurance benefits! With the end of the year quickly approaching, you may not have taken full advantage of your 2017 benefits yet!

For example, most insurance plans give you a set number of Physical Therapy visits in a given year, which cannot be rolled over into next year's plan. If you have visits left, consider using them before your annual deductible resets. Or, if you have funds left in your Flexible Spending Account, put them toward co-payments at your next appointments. Don't live with pain...do something about it today, we can help!



Locations serving Southeast Michigan
Visit www.HQPT.com for a complete listing

HealthQuest
PHYSICAL THERAPY AND MEDICAL FITNESS
1773 Star Batt Dr., Rochester Hills, MI 48309

Presorted
Standard
U.S. Postage
PAID
Permit 618
Royal Oak Mailing

HealthLine

SHOULDER PAIN?
WE CAN HELP!



HealthQuest
PHYSICAL THERAPY



ASK THE THERAPIST...

**WHY DOES MY SHOULDER HURT
WHEN I REACH OVERHEAD?**

A. There are several possible reasons as to why your shoulder hurts when reaching overhead. One of the most common issues is called "impingement." When raising your shoulder overhead, patients may experience pain or stiffness when the main rotator cuff tendon becomes pinched between the arm bone and the shoulder blade. Repetitive compression and abrasion to these tissues can lead to rotator cuff tendonitis, bursitis and tears. This pain may also cause loss of strength and range of motion in the injured arm, but to be sure, I recommend talking to your doctor and coming to see us for a free pain assessment.

This month's 'Ask the Therapist' is brought to you by Dan Garr, director of our Oxford location. Dan opened our 6th location in 2005. After 10 years in downtown Oxford, he moved a mile south into a state-of-the-art building (March 2015). In his new building he's able to help the community with not only PT but also Medical Fitness. He enjoys spending time with his wife and kids, playing golf, and being involved in church activities.

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