

NEWSLETTER



*Take Ahold
of Relief*

**PHYSICAL THERAPY
SOLUTIONS FOR
SHOULDER, ELBOW
AND WRIST PAIN**

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PHYSICAL THERAPY SOLUTIONS FOR SHOULDER, ELBOW AND WRIST PAIN

Are you experiencing pain and weakness in your arm? Is it difficult to lift and hold things you use in your daily routine? You could be suffering from tendon dysfunction or even arthritis in your joints.

Whether your pain results from an injury or repetitive stress, it's often the result of underlying trauma or inflammation of the tendons, cartilage, or nerves in the arm. Your pain can be so severe that doing normal activities of daily living seems impossible. While the pain may feel serious, it's entirely curable.

Call our clinic today to make an appointment. With guidance from your physical therapist, you can find solutions to your pain and get back to living the life you enjoy!

WHAT IS CAUSING THE PAIN?

Limited shoulder movement due to pain, stiffness, or weakness can affect a person's ability to carry out daily activities (eating, dressing, personal hygiene) and work responsibilities. Factors such as heavy lifting, repetitive movements (especially in awkward positions), and vibrations influence the severity of symptoms and disability.

The most common causes of shoulder pain and disability are:

- Rotator cuff disorders
- Arthritis and bone spurs
- Bursitis and tendinitis
- Joint disorders
- Referred neck pain

Overuse injuries often cause elbow pain. Many sports, hobbies, and jobs require repetitive movements leading to overuse. The leading causes of elbow pain and dysfunction are:

- Tennis and Golfer's elbow (i.e., tendinitis)
- Arthritis
- Ligament sprains
- Broken and/or dislocated elbow

Wrist pain is most common in groups participating in physically demanding activities like manual laborers and jobs that require computer use or repetitive movements. The leading causes of wrist pain:

- Carpal tunnel syndrome
- Wrist tendinitis
- Arthritis
- Repetitive motion syndrome

Shoulder, elbow, and wrist pain are often the result of workplace injury and repetitive stress injuries. While it is sometimes possible to take action to prevent an injury from developing, it is crucial to be able to recognize when an injury develops and to get help.

Find your physical therapist so he/she can identify what may have caused the pain to create and what you can do to resolve it.

Continued inside.

www.hopt-wellness.com

**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

Continued from previous page.

WHAT DO MY SYMPTOMS MEAN?

Aching or stiffness around the front or the side of the shoulder is often due to a tendon/rotator cuff injury. In comparison, pain in the back of the shoulder is likely coming from the joint itself. Although some think the top part or shoulder blade is the "shoulder," they refer to muscles and/or the neck and not the shoulder itself.

Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner and outer aspect of the elbow is commonly thought to be where most people experience tendon or ligament injuries. Typically, the pain will be sharp at the junction of the tendon and bone but may refer that the forearm generally is due to tendon-related injury or inflammation.

A decreased range of motion is often associated with arthritis. Still, weakness or clumsiness when gripping or holding onto things can be signs of deeper problems. It may indicate a more severe condition: the more dysfunction and disability, the more your conditions warrant seeking help sooner than later.

Ignoring your pain or waiting too long to be seen can make the problem worse and eliminate simple solutions.

PHYSICAL THERAPY FOR SHOULDER, ELBOW AND WRIST PAIN

Physical therapy treatments for shoulder, elbow, and wrist pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like KT taping and joint splinting. These have all been proven to help alleviate pain and restore function.

Physical therapists assess your particular condition to identify the contributing factors and address all of them. Your therapist is skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

Interventions such as education, manual therapy, therapeutic exercise, nerve and tendon glide techniques are widely used for effective results.

CONTACT OUR CLINIC TODAY

Addressing the pain early on is the best way to prevent an issue from becoming more debilitating. Physical therapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and help you mobilize and strengthen the surrounding muscles to alleviate the pain associated with your injury.

Contact your physical therapist today for support with learning how to manage the pain and learn exercises and techniques that can help you overcome the injury and restore proper strength and functionality to your shoulders, elbows, and wrists.



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Avoid Aches & Pains in the GARDEN THIS SPRING



Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints. This is especially true for senior citizens and people who are normally sedentary. Different body areas such as the shoulders, neck, back, and knees can be vulnerable to injury during gardening.

These tips can help prevent injuries:

- Warm up before you garden. A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.
- Change positions frequently to avoid stiffness or cramping.
- Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
- If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot on the ground. Use knee pads or a gardening pad when kneeling.
- If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening.
- Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
- End your gardening session with some gentle backward bending of your low back, a short walk and light stretching, similar to stretches done before starting.

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EXERCISE OF THE MONTH

This exercise helps relieve shoulder pain.

CORNER PECTORAL STRETCH

Stand facing a corner with your arms on different walls. Lean into the corner until you feel a stretch across the front of your chest. Stand in a lunge to make sure you stay balanced. Hold for 15 seconds and repeat as needed.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

COME BACK TO PT

Suffering from aches and pains? Call one of our locations or visit hopt-wellness.com to schedule an appointment and get relief today!

www.hopt-wellness.com

HEALTHY RECIPE

ORZO WITH ZUCCHINI AND TOMATO



INGREDIENTS

- 5 oz uncooked orzo pasta
- 1/2 large zucchini, 1/4-inch diced
- 1 small plum or Campari tomato, diced
- 2 cloves garlic, smashed & finely chopped
- 1 tbsp extra virgin olive oil
- Salt & fresh pepper to taste
- 1/4 cup fresh grated Parmesan or Pecorino



INSTRUCTIONS: Cook pasta in a large pot of salted water as directed for al dente. Reserve about 1/2 cup liquid before draining. Drain orzo in a colander and add the oil to the pot. Saute garlic 1 minute, until fragrant, add the zucchini and tomatoes, season with salt and pepper and mix well. Cook until tender, 3 to 4 minutes. Add the cooked orzo and stir to combine all. Add some of the reserved liquid as needed so pasta isn't dry. Add freshly grated cheese and stir.

Source: <https://www.skinnytaste.com/orzo-with-zucchini-and-tomato/>

PATIENT SUCCESS SPOTLIGHT



"So, after a second rotator cuff surgery, and 56 weeks of Physical Therapy.... I FEEL BRAND NEW!!!! My Physical Therapist, Jennifer Williams, and her PTA, Serenity Phillips, were relentless in giving me the attention I needed to get better. These two ladies are so caring, and have SOOOO much passion for what they do, you are left no choice but to get better!!! I HIGHLY recommend the Zebulon office for ALL of your PT needs!!! My utmost, and heart felt thanks, to these two beautiful ladies!!!! I'm through the roof with confidence that I can do EVERYTHING I can and need to do!!! These ladies are truly Heaven sent!!!! Forever GREATFUL to these to Angels!!!!" - Dan G.

You too can get results like this. Contact Hands On Physical Therapy today and find out how PT can get you back to the activities you enjoy!

www.hopt-wellness.com

COUPON CORNER!

FREE PAIN CONSULTATION



WE OFFER 3 CONVENIENT LOCATIONS

CALL TO SCHEDULE TODAY!

Spots are limited so call today!

Cary 919-851-0711 Fuquay-Varina 919-557-2111 Zebulon 919-269-0107

Call to schedule. Expires 4/30/2022