

NEWSLETTER

**DON'T LET
SHOULDER
PAIN RUIN
YOUR
SPRING!**



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www.hopt-wellness.com

NEWSLETTER

SHOULDERING YOUR ROTATOR CUFF PAIN

FINDING RELIEF & RECOVERY WITH PHYSICAL THERAPY

Imagine waking up one morning, eager to start your day, but as you attempt to brush your teeth, the pain in your shoulder sends a searing wave of discomfort through your entire arm. Suddenly, the simplest tasks become challenging.

This scenario is all too familiar for individuals dealing with rotator cuff injuries, which can severely limit daily life functions. However, there is hope in the form of physical therapy—a proven and effective way to regain strength, mobility, and overall shoulder function.

At Hands On Physical Therapy, our physical therapists understand the importance of resolving shoulder pain. We'll get to the root of your problem and provide clear guidance to help you recover sooner rather than later!

THE IMPACT OF A SHOULDER INJURY

Rotator cuff injuries can disrupt your life in many ways, affecting your physical abilities and overall well-being. Some common limitations and challenges individuals face due to shoulder pain include:

Painful Movements: Simple actions like reaching for an item on a high shelf, combing your hair, or even tucking in your shirt can become excruciatingly painful.

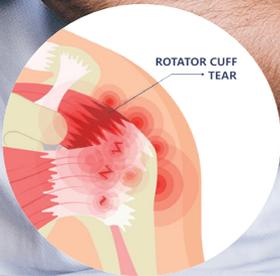
Sleep Disturbances: Many people with shoulder injuries struggle to find a comfortable position, leading to disrupted sleep patterns and fatigue.

Limited Range of Motion: Reduced shoulder mobility can hinder your ability to perform essential tasks, such as putting on a seatbelt or reaching behind your back.

Loss of Strength: Weakness in the affected arm can make lifting even lightweight objects a daunting challenge.

For those grappling with these challenges, seeking help from Hands On Physical Therapy can be a game-changer!

Continued inside.



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**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**



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THE ROLE OF HANDS ON PHYSICAL THERAPY IN YOUR RECOVERY

When you consult a physical therapist for a rotator cuff injury, the initial evaluation is a critical step in the recovery process. Here's what you can expect:

Your physical therapist will start by discussing your medical history, including the onset and nature of your shoulder pain, any previous injuries, and your overall health.

A thorough physical examination follows, focusing on the affected shoulder. This includes assessing your range of motion, strength, and any signs of inflammation or instability. To understand how your injury impacts your daily life, your therapist will assess your ability to perform essential tasks like reaching, lifting, and dressing.

Based on the evaluation findings, your physical therapist will provide a diagnosis and work with you to establish clear goals for your rehabilitation.

Next, your therapist will design a program tailored to your unique needs, including:

Manual Therapy: Physical therapists often use manual therapy techniques, including joint mobilizations and soft tissue mobilizations, to alleviate pain and improve shoulder mobility. These techniques have been shown to reduce pain and enhance range of motion in individuals with rotator cuff injuries.

Therapeutic Exercises: A customized exercise program is a cornerstone of rotator cuff rehabilitation. Therapists prescribe exercises that target specific muscle groups, gradually improving strength and function.

Home Exercise Programs: Physical therapists provide patients with home exercise programs to promote continuity of care. Consistent adherence to these programs can improve rotator cuff rehabilitation outcomes.

Patient Education: Understanding the injury and learning how to prevent future problems is crucial. Our physical therapists educate patients about proper shoulder mechanics, posture, and ergonomics to reduce re-injury risk.

As you continue to progress in your recovery, functional training becomes vital. Tasks like lifting, reaching, and carrying are integrated into the rehabilitation program to ensure you regain your ability to perform daily activities without pain or limitation.

TAKING THE FIRST STEP TOWARDS RECOVERY

If you're dealing with the challenges of a rotator cuff injury, don't let it limit your life any longer. Seek the expertise of one of our highly skilled physical therapists who can provide a personalized treatment plan based on your unique needs and goals.

Your path to regaining strength, mobility, and a pain-free shoulder begins with a simple but crucial step: reaching out to us today!



Don't wait – start your journey towards recovery today!

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EXERCISE OF THE MONTH

This exercise helps strengthen your shoulder.

SHOULDER EXTERNAL ROTATION STRETCH

Start by standing up straight holding one end of a towel on the side you want to stretch. Sling the towel over your shoulder so that your elbow is above your head and your upper arm is by your ear. Grab the bottom end of the towel with your other hand and gently pull down and back allowing your working shoulder to rotate back slightly. Hold for 30 seconds.



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

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UNDERSTANDING ROTATOR CUFF INJURIES

Signs & Symptoms

If you've been experiencing shoulder pain or discomfort, it's essential to understand the signs and symptoms of a potential rotator cuff injury. By recognizing these indicators, you can take the crucial first step towards seeking appropriate care and embark on your path to recovery.

Rotator cuff injuries can vary in severity. In addition to pain, they often share these five symptoms:

- 1. Disturbed Sleep:** Rotator cuff pain often worsens at night, interfering with sleep. Sleeping on the affected side can be particularly uncomfortable.
- 2. Weakness:** Individuals with a rotator cuff injury may experience weakness in the affected shoulder, making it challenging to perform tasks that require lifting, reaching, or holding objects.
- 3. Limited Range of Motion:** Reduced mobility in the shoulder is a common symptom. You may struggle to raise your arm, reach behind your back, or perform overhead activities.
- 4. Difficulty with Daily Activities:** Rotator cuff injuries can impact daily tasks such as combing hair, dressing, and reaching for items on high shelves. It can also affect sports and recreational activities.
- 5. Gradual Onset:** Some rotator cuff injuries develop gradually over time due to overuse, while others may result from a sudden injury or trauma, such as a fall or lifting heavy objects.

It's essential to seek help from one of our Hands On Physical Therapy specialists if you experience any of these symptoms, as early intervention can lead to more effective treatment and improved outcomes. Our physical therapists can assess your shoulder and tailor a treatment plan to address your specific needs and goals.

Don't wait to get help; call today and schedule a consultation!

DO YOU HAVE A SPORTS INJURY?

If you have recently sustained a painful sports injury, stop trying to deal with it alone at home. Icing it will only go so far! **Contact Hands On Physical Therapy today to schedule an appointment and get back in the game!**

**ARE YOU LOOKING TO IMPROVE YOUR
SPORTS PERFORMANCE, GET STRONGER,
FASTER, AND HEALTHIER?**

**If so, Hands On Physical Therapy can
help you reach your goals!**

CALL TODAY!



PATIENT SUCCESS SPOTLIGHT

"After a rotator cuff surgery, I was in need of Physical Therapy. For the next 25 weeks, I went twice a week to HOPT of Zebulon. My therapist, Priyanka Sampat, and her assistant, Becca Cole, not only treated me like royalty every visit, but gave me confidence that I could come back from surgery, and be good as new."

—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! Call today for your appointment.

We want to hear your Success Story. Scan the QR code and leave us a review.

Thank you!



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COUPON CORNER!

FREE PAIN CONSULTATION

**HO Hands On
PT Physical Therapy**

**WE OFFER 3 CONVENIENT
LOCATIONS**

CALL TO SCHEDULE TODAY!

Spots are limited so call today!

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Call to schedule. Expires 5/15/2024