



## Health & Wellness

The Newsletter About Your Health And  
Caring For Your Body



*Show Your Body Thanks By  
Coming Back To PT*

### INSIDE:

- Patient Success
- Exercise Essential
- How Can Physical Therapy Help A Rotator Cuff Injury?



# Health & Wellness

The Newsletter About Your Health And Caring For Your Body



## Recover Quickly from a Rotator Cuff Injury WITH THE HELP OF PHYSICAL THERAPY

**COME BACK TO PHYSICAL THERAPY TODAY!**

Your rotator cuff is comprised of the muscles and tendons surrounding your shoulder joint. Sometimes, the rotator cuff can become torn or injured, due to repetitive overhead motions performed in sports (such as tennis) or jobs (such as carpentry.) Athletes are also at risk of developing a rotator cuff injury if they participate in rigorous activities, such as weightlifting, swimming, or tennis.

The active movements associated with sports and laborious work are undoubtedly important factors to keep in mind; however, passive

movements can also be contributing factors to an injury. Continuous poor posture and improper positioning of the shoulders can make your scapula, or shoulder blade, much more vulnerable to pain and rotator cuff injuries.

Those who experience rotator cuff injuries or "torn shoulders" generally report a dull ache deep in their shoulder, arm weakness, difficulty reaching behind their back, and disturbed sleep due to pain.

At Priority Physical Therapy, our natural and non-invasive methods can help relieve your shoulder pain and heal your rotator cuff injury.



### DID YOU KNOW...

*The history of U.S. presidents pardoning turkeys is patchy. Harry Truman is often credited with being the first president to pardon a turkey, but that's not quite true. He was the first to receive a ceremonial turkey from the National Turkey Federation - and he had it for dinner. John F. Kennedy was the first to let a Thanksgiving turkey go, followed by Richard Nixon who sent his turkey to a petting zoo. George H.W. Bush is the president who formalized the turkey pardoning tradition in 1989.*

# HOW CAN PHYSICAL THERAPY HELP A ROTATOR CUFF INJURY?

While rotator cuff injuries sometimes require surgery if they are severe enough, there are several cases where physical therapy treatments can work just as well (if not better) than surgery.

According to the American Physical Therapy Association, "A recent study from Finland asserts that when it comes to treatment of nontraumatic rotator cuff tears, physical therapy alone produces results equal to those produced by arthroscopic surgery and open surgical repair." In this same study, a follow-up on 167 patients receiving physical therapy alone for their rotator cuff injuries, demonstrated that conservative treatment, such as physical therapy, should be considered as the primary treatment for this condition.

## How do I know if physical therapy is needed?

It is natural to experience an occasional ache or pain from overexertion. However, it is when the pain becomes chronic or unbearable that the condition becomes serious. Chronic pain, or pain persisting for three months or longer, is an indication that PT intervention is needed.

**There are some additional symptoms to consider that may also be telling signs that treatment is needed, such as:**

- Sharp or stinging pains.
- Uncomfortable "clicking" sounds with movement.
- Dull pain that runs alongside your arm.
- Sudden arm weakness.

If you notice any of these symptoms, it is important to contact a physical therapist for treatment.

## How can I begin treatments?

At Priority Physical Therapy, we will conduct a physical evaluation and diagnostic tests to determine if you do indeed have a rotator cuff tear, and we will design a personalized treatment plan based on the needs of your diagnosis. Specialized techniques, such as ice and heat therapies, manual therapies, or ultrasound may be used to relieve pain, reduce swelling, and enhance function. Gentle stretches and exercises may also be prescribed to improve your posture and the range of motion of your shoulder.

If you are suffering from a rotator cuff injury, contact us today. Our dedicated physical therapists will provide you with some much-needed relief and get you started on your path toward recovery!

Source: <https://www.apta.org/PTinMotion/NewsNow/2014/3/12/RotatorCuffTears/?blogid=10737418615>



**CALL US TODAY! MISSOURI  
573.769.6166 OR SOUTH  
CAROLINA 843.536.4888**

## EXERCISE ESSENTIAL

### SHOULDER ABDUCTION

Lie on your side with your affected arm on top, pointing your thumb upwards. While keeping your elbow straight, bring your arm over your head to your ear, then return to the starting position. Repeat 6-10 times.



EXERCISES COPYRIGHT OF  
 SimpleSet Pro  
WWW.SIMPLESET.NET

*Don't hesitate to give us a call if you have any questions about the exercise.*

# Free Rotator Cuff Workshop

## Rotator Cuff Workshop

December 7<sup>th</sup>, 2021  
6:30 PM | Palmyra, MO

1219 S. Main St.  
Palmyra, MO 63461  
P: 573.769.6166

## Rotator Cuff Workshop

December 7<sup>th</sup>, 2021  
6:30 PM | Florence, SC

2521 S. Cashua Drive  
Florence, SC 29501  
P: 843.536.4888



### How Much Is It To Attend These Workshops?

Nothing... the event is absolutely FREE but call Missouri 573.769.6166 - South Carolina 843.536.4888 now to register as we are taking only 25 attendees.

[WWW.PRIORITYPT.NET](http://WWW.PRIORITYPT.NET)

## PATIENT SUCCESS



### "It was amazing to feel the progress daily!"

"I had a total tear of my rotator cuff from a fall. I started therapy in early April and could do nothing with my arm. Deidra, Lesley, and Kim worked gently with me for 6 months and the results have been amazing! I'm fully back to all the activities I could do and I'm hitting the golf ball as far as I could before the fall. It was amazing to feel the progress daily. I highly recommend Priority Physical Therapy." — Paul F.

## Don't Forget to Say Thank You!

**GRATITUDE & HEALTH:** Feeling thankful can improve your health in both direct and indirect ways. Some research shows that the experience of gratitude can induce a sense of relaxation, improve the immune system, and decrease blood pressure. But grateful people also tend to cultivate better health habits, like eating more nutritious food, exercising, and avoiding risky behaviors. In addition, the optimism that stems from gratitude can create a healing attitude: research shows that people with optimistic attitudes have better outcomes after medical procedures.

**GRATITUDE & JOY:** Robert Emmons, an internationally renowned scientific expert on gratitude, has found that acknowledging the good in life has a tendency to amplify positive emotions, such as joy and contentment, because it helps us slow down. "I think gratitude allows us to participate more in life," he says. "We notice the positives more, and that magnifies

the pleasures you get from life." Consider the last time you had a good cup of coffee—did you pay attention to the warmth of the cup on your hands, or the feeling of pleasure as you took the first sip? It's easy to ignore these small moments of positivity in our day as we rush from one activity to another, but stopping to appreciate them makes them more powerful.

**GRATITUDE & RESILIENCE:** Practicing gratitude can also make you better equipped to handle the difficulties of life that inevitably arise. In fact, according to Emmons, it's an essential part of the process of healing from trauma. Even despair can be mitigated by the experience of appreciation for the good, however slight it might be. Thankfulness for the small blessings help you maintain your humanity despite experiencing a tragedy or loss. Many people with life-threatening illnesses also report decreased distress and increased positive emotions when they practice gratitude.

MISSOURI 573.769.6166

SOUTH CAROLINA 843.536.4888