



**Priority
Physical
Therapy**

Health & Wellness

*The Newsletter About Your Health And
Caring For Your Body*



Physical Therapy Can Help Frozen Shoulders!

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PHYSICAL THERAPY CAN HELP FROZEN SHOULDERS!

Do you notice pain and stiffness in your shoulder? Has your shoulder suddenly become very hard to move? You may be experiencing a frozen shoulder and will benefit from having a physical therapist help you resolve your problem. At Priority Physical Therapy, our physical therapists are skilled at alleviating pain and restoring motion so you can get back to doing what you love!

Many different factors can lead to chronic shoulder pain. One of the most painful and debilitating conditions is a frozen shoulder, also known as adhesive capsulitis. Dealing with shoulder pain can make completing daily tasks nearly impossible. Often people sacrifice their quality of life due to the pain and limitations. Adhesive capsulitis is a condition characterized by stiffness and pain in your shoulder joint. Signs and symptoms typically begin gradually without a specific cause and worsen over time. Physical therapy can help relieve and even eliminate your problem!

If you're experiencing shoulder pain, contact Priority Physical Therapy today. Our physical therapists will be able to do a full assessment, figure out if the source of your pain is a frozen shoulder, and help you get on the road to recovery.

WHAT IS A FROZEN SHOULDER?

Frozen shoulder is a condition that develops when the tissue in your shoulder joint tightens and restricts movement. It is thought to be caused by inactivity that occurs after injury or alongside another shoulder problem, such as a rotator cuff injury, broken arm, or recovering from surgery.

The exact causes of a frozen shoulder are not fully understood. A few factors that may put you more at risk for developing a frozen shoulder include:

- Diabetes
- Hypothyroidism and hyperthyroidism
- Parkinson's disease
- Cardiac disease

Most people struggling with frozen shoulders complain of pain, discomfort when moving or using the affected joint, or even a total loss of movement in that shoulder. Adhesions from the shoulder can become stiff or inflamed. Fortunately, physical therapy has been shown to help alleviate pain and mobility losses.

WHAT TO EXPECT AT YOUR PT VISITS

CALL US TODAY! MISSOURI 573.769.6166 OR SOUTH CAROLINA 843.536.4888

At your consultation, one of our physical therapists here at Priority Physical Therapy will assess your condition, pinpoint the exact source of your pain, take a look at your medical history, and evaluate your mobility and strength.

THERE ARE THREE STAGES IN THE DEVELOPMENT OF FROZEN SHOULDERS:

- **Freezing:** In this stage, you gradually experience more and more pain. As the pain worsens, you start to lose range of motion.
- **Frozen:** This stage is characterized by motion loss, whereas the painful symptoms may improve. Daily activities are typically challenging during this phase.
- **Thawing:** Shoulder motion improves during this stage, and there is typically a complete return to normal or close to normal motion and strength.

It's pretty standard for patients to see our physical therapists in the freezing stage after they've already been experiencing pain for a little over half a year or nine months. At this point, they're already in a lot of pain and pretty used to not being able to move their shoulders the way they'd like to.

Our comprehensive treatment plan will consist of targeted stretches and specific home exercises to speed up the recovery process and regain your motion, reduce your pain and restore any lost strength.

Physical therapy for frozen shoulders focuses primarily on pain relief, using modalities like ultrasound, e-stim, and lasers. In addition, we take a hands-on approach using targeted manual therapy techniques like soft tissue work and joint mobilizations.

Your physical therapist's ultimate goal is to restore mobility and range of motion to the affected shoulder. The quicker we can address your pain symptoms and range of motion deficits, the sooner you get back to doing what you love!

CONTACT PRIORITY PHYSICAL THERAPY TODAY!

If you have been experiencing recurrent or chronic shoulder pain, it is essential to consult with a physical therapist as soon as possible to find out if your problem is a frozen shoulder. Physical therapy is a safe and natural treatment option that can successfully help patients of all ages recover from their shoulder injuries.

Call Priority Physical Therapy today to learn more about the benefits of physical therapy for shoulder pain, and begin your journey toward living a pain-free life!

Sources: <https://www.koreascience.or.kr/article/JAKO202032265179017page> <https://www.banglajol.info/index.php/BJMS/article/view/51550> https://jcrn.com/uploads/2754_pdf.pdf



Summer Nutrition

1. Cut down on sugary drinks

With the hot weather, it can be almost instinctive to reach for a cold soda out of the cooler. However, drinks high in sugar content can contribute to obesity and tooth decay. Try opting for a cool refreshing glass of water instead, or a tasty fruit smoothie!

2. Make sure you're drinking enough water

Proper hydration is always important, but it becomes even more so during those hot summer months. It's recommended that you drink around 6 to 8 glasses of water a day.

3. Don't forget breakfast

A healthy breakfast should be a part of your daily routine. Eating breakfast sets the tone for your day and gives you the energy you need to make it to lunch!

Free Rotator Cuff Workshop

Rotator Cuff Workshop

June 21st, 2022

6:30 PM | Palmyra, MO

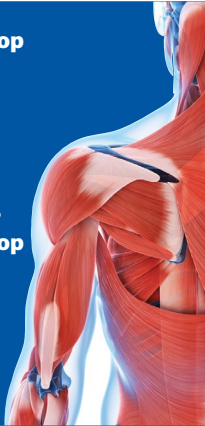
1219 S. Main St.
Palmyra, MO 63461
P: 573.769.6166

Rotator Cuff Workshop

June 21st, 2022

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



DID YOU KNOW...

Many incredibly important and influential people throughout history have been born in June. Among many others born in June, Anne Frank, Che Guevara, Jean-Paul-Sartre, Marilyn Monroe, George Orwell, and George H. W. Bush all share a common birth month!

HEALTHY RECIPE: UDON NOODLES

INGREDIENTS

- 12 oz. package udon noodles
- 3 tbsp. smooth peanut butter
- 3 tbsp. soy sauce
- 2 tbsp. sesame oil
- 1 tbsp. honey
- 1 tbsp. lime juice
- 1 clove garlic, minced
- 2 c. Shredded chicken
- 2 tbsp. sesame oil
- 2 c. broccoli florets, steamed
- 2 avocados, thinly sliced
- 2 green onions, thinly sliced
- 1 tsp. sesame seed

INSTRUCTIONS:

In a large pot of salted boiling water, cook noodles according to package instructions. Drain noodles and rinse with cold water to cool. Return noodles to saucepan. Add peanut butter, soy sauce, sesame oil, honey, lime juice and garlic. Stir until sauce is creamy and noodles are fully coated. If the sauce is too loose, turn heat to low and cook until the sauce has thickened, about 1 minute. Divide noodles between bowls. Top each serving with chicken, broccoli, avocado and green onions. Garnish with sesame seeds and serve warm or at room temperature.

<https://www.delish.com/cooking/recipe-ideas/recipes/a52185/buddha-noodles-recipe/>



STAFF SPOTLIGHT

Haleigh C.



I have worked on the clinical side of healthcare off and on for the past five years as a Certified Nursing Assistant. In June I will be graduating from Southern New Hampshire University with a Bachelor of Science in Healthcare Administration. While coming to PT for some muscle tightness in my back and getting to know Lauren, she offered me a position here working the front desk. I quickly accepted, and I am so excited to be a part of the PPT Family!

IS IT TIME FOR YOUR NEXT APPOINTMENT?

Call us today or visit our website at prioritypt.net.



MISSOURI 573.769.6166

SOUTH CAROLINA 843.536.4888