



Priority
Physical
Therapy

Health & Wellness

The Newsletter About Your Health And Caring For Your Body

Alleviate & Prevent Shoulder Pain



**Solve Your
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Spring**

**Conditions
That Cause
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Pretzel Recipe**

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Make Your Physical Therapy A Priority



Is it time for your
next appointment?
Scan the QR code to
visit our website.

Do You Know Anyone That Needs Our Help?

Refer a loved one today! We can
help them:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently & securely
- ✓ Sit comfortably for longer
- ✓ Walk longer distances
- ✓ Maintain a healthy life

Missouri | 573.769.6166

South Carolina | 843.536.4888



How We Help Our Patients Heal Better

- Electrical Stimulation
- Graston Technique
- Kinesio Taping
- Joint Mobilization
- Manual Therapy
- McKenzie Method
- Myofascial Release
- Orthotics
- Therapeutic Exercise
- Vestibular Therapy



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Solve Your Shoulder Pain This Spring

Do you notice your shoulder is waking you up at night? Are you having difficulty reaching or lifting overhead? You might have a rotator cuff injury or another shoulder disorder. At Priority Physical Therapy, our physical therapists can help figure out what is causing your symptoms and how to resolve them so you can use your arm and get a good night's rest!

The most common cause of shoulder pain is due to injury or dysfunction of the rotator cuff. The shoulder joint is formed where the upper arm bone (i.e., humerus) fits into the shoulder blade (i.e., scapula). It is known as a ball and socket joint.

The rotator cuff is a group of muscles and tendons surrounding the shoulder joint. The job of these muscles is to help move the arm and stabilize the ball in the socket. Shoulder pain occurs if the shoulder tendons are pinched by the bones of the shoulder resulting in the tendons becoming inflamed or damaged.

At Priority Physical Therapy, our physical therapists can help identify the cause of your shoulder pain and the steps needed to resolve it. Request an appointment today, and let us help you get your arm moving again!

Conditions That Cause Shoulder Pain

Call Us Today! Missouri 573.769.6166 or South Carolina 843.536.4888

The shoulder is the most mobile joint in the body, allowing us to use our arms in various ways, including reaching, pushing, pulling, lifting, and throwing. The complexity of movement requires the upper back (i.e., spine), shoulder blade (i.e., scapula), and the arm bone (i.e., humerus), and all the muscles and nerves work together to achieve the mobility and function we are accustomed to.

If any part of the system is not working correctly, we become more susceptible to injury. Repetitive stress or trauma can damage the shoulder complex and lead to pain. The most common shoulder problems fall into the following categories:

- Tendon inflammation
- Bursitis
- Tendon tear (i.e., partial, complete, or degenerative)
- Instability (i.e., partial or total dislocation)
- Degeneration and/or arthritis
- Fractures

Our therapists will guide the most effective treatments, including manual therapy, exercise recommendation, and injury prevention strategies.

Daily exercises that can help the shoulders

Our team at Priority Physical Therapy will identify the underlying causes of your shoulder pain and develop a treatment plan based on your individual needs. We emphasize targeted stretches/mobility work strengthening exercises to help your recovery and prevent future problems. If you are looking to get started with some safe stretches that are used to help improve your shoulder function, try the following exercises:

Across-the-chest stretch

This exercise helps increase flexibility and range of motion in your shoulder joint and the surrounding muscles. Remember to stop if you feel increasing pain in your shoulder.

Start by bringing your right arm up and across your chest with your hand gently resting on your left shoulder, or use your left hand to support your arm by the elbow. Use your left hand to gently press the right arm towards your chest until you feel a stretch in the right shoulder. Hold this position for 20-30 seconds and do 3-5 reps. Repeat on the opposite side.

Chest expansion / Posture corrections

This exercise promotes mobility of the upper back and range of motion in your shoulders. Slouching places the shoulder in a vulnerable position and makes you more susceptible to injury and pain.

While standing, hold a strap or towel behind your back with both hands. With control, move your shoulder blades toward each other while lifting your chest/breast bone. Finish by lifting your chin slightly to the ceiling. Hold for 20-30 seconds and repeat 3-5 times.

Thread the needle

Start on your hands and knees. Lift your right hand toward the ceiling with your palm facing away from your body. Next, lower your right arm under your chest and reach across your body to the left side with your palm facing up. Hold this position for 20-30 seconds and do 3-5 reps. Repeat on the opposite side.

Strengthening your shoulder muscles (i.e., rotator cuff and shoulder blade muscles) can also help support and stabilize your shoulder joint. Strength training can potentially decrease muscle imbalances and reduce the risk for shoulder injuries and shoulder pain.

Request an appointment today!

Our team of physical therapists can help alleviate your shoulder pain and get your arm moving again. Call today and schedule your appointment!

Sources: <https://www.jospt.org/doi/10.2519/jospt.2020.0501> · <https://www.jospt.org/doi/pdf/10.2519/jospt.2020.8498> · https://www.physio-pedia.com/Evidence_Based_Interventions_for_Shoulder_Pain · <https://www.jospt.org/doi/10.2519/jospt.2020.0501>



Patient Success



"Before coming to Priority Physical Therapy, I could not lift my left arm, open a jar, turn a door knob or sleep on my left side. After working with Lauren and Brittany, my shoulder and arm are like new again with full use! My ganglion cyst is GONE! I cannot express enough gratitude for these two ladies. They've welcomed me with smiles and helped me so much."

— Tina D.



We Need Your Help

The best way to help a small business in the community is by leaving a Google review! We want to help more people. Share your great experience with Priority Physical Therapy and help us heal our neighbors.



PLEASE SCAN THE QR CODE TO LEAVE YOUR REVIEW TODAY!



Hayden welcomed his baby brother, Beckett, on December 23, 2022. Hayden & Beckett are the sons of our Patient Care Coordinator, Kelsey.



Kim's Strawberry Pretzel Recipe



Ingredients:

- 2 cups crushed pretzels (about 8 ounces)
- 3/4 cup butter, melted
- 3 tablespoons sugar

Filling:

- 2 cups whipped topping
- 1 package (8 ounces) cream cheese, softened
- 1 cup sugar
- topping:
- 2 packages (3 ounces each) strawberry gelatin
- 2 cups boiling water
- 2 packages (16 ounces each) frozen sweetened sliced strawberries, thawed
- Optional: Additional whipped topping and pretzels

Directions: In a bowl, combine the pretzels, butter and sugar. Press into an ungreased 13x9-in. baking dish. Bake at 350° for 10 minutes. Cool on a wire rack. For filling, in a small bowl, beat whipped topping, cream cheese and sugar until smooth. Spread over pretzel crust. Refrigerate until chilled. For topping, dissolve gelatin in boiling water in a large bowl. Stir in sweetened strawberries; chill until partially set. Carefully spoon over filling. Chill until firm, 4-6 hours. Cut into squares; if desired, serve with additional whipped topping and pretzels.