



Advantage-Physical-Therapy

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STRONGER TOGETHER

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NEWSLETTER

**GET UP &
MOVE WITH
SHOULDER
PAIN RELIEF**



INSIDE:

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That May Be Causing
Your Shoulder Pain

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NEWSLETTER

WHAT'S CAUSING YOUR SHOULDER PAIN?

COME BACK TO PHYSICAL THERAPY



Did you know that your shoulders are your most flexible and movable joints? Your shoulders have to move through an incredible 180 degrees of motion, while still maintaining stability and strength. The shoulder joint acts like a ball in a very shallow socket that is part of the shoulder blade. Some of the most important muscles in the rotator cuff are actually the smallest.

The rotator cuff is made up of 4 muscles that are small, but vital to keeping the ball stable in the socket. When these muscles are weak or injured, the ball can jam up into the socket of the shoulder blade, causing inflammation and pain.

Your shoulders are extremely complex, comprised of multiple muscles, tendons, and bones. They provide you with the mobility you need to perform many of your tasks throughout the day. If you have been living with shoulder pain, you can find natural relief with our physical therapy services. To learn more about how we can help you get back to your daily life, free of shoulder pains, contact Advantage Physical Therapy today!

Understanding your shoulder pain: Your shoulder is a "ball-and-socket joint," meaning that the humerus (head of the upper arm bone) fits perfectly in the corresponding space within the scapula (shoulder blade). Each end of the bone is protected by a thick layer of cartilage that prevents the bones from rubbing together.

Your shoulders can accomplish several physical feats due to their structure - however, this also means that they are susceptible to an increased risk of injury because of their complexity. If something becomes damaged in the make-up of the shoulders, pain and discomfort can develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

If your pain is stemming from tendon impingement, it will generally occur as you lift your arm, fading before it is raised completely skyward. If your pain is a result of shoulder degeneration, it is likely that you will feel persistent aches every time you move your arm in certain directions. Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all.



CALL US TODAY!

Redmond: 1-425-437-3554 | Sammamish: 1-425-307-5504

**CALL US TODAY TO SCHEDULE
AN APPOINTMENT!**

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Advantage-Physical-Therapy

WE MAKE IT EASY TO LEAVE A REVIEW!

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- 1. Open your smartphone to the camera app**
- 2. Center the QR code above in the frame**
(this will take you directly to our Facebook Review page)
- 3. Tell us how we've done!**



COMMON CONDITIONS THAT MAY BE CAUSING YOUR SHOULDER PAIN

- **Strains and sprains.** A strain occurs when a muscle or tendon is stretched too far or torn. A sprain occurs when a ligament is stretched too far or torn. If the strain or sprain is minor, it can sometimes be iced at home and healed with rest. More severe strains and sprains will often require physical therapy treatments.
- **Torn cartilage.** You may experience decreased strength and a limited range of motion in the affected shoulder. You may also experience pain when moving your arm in certain ways.
- **Dislocation.** Dislocation of the shoulder occurs when the head of the humerus pops out of place. This type of injury is extremely painful and unfortunately makes you more vulnerable to recurrence after the first dislocation occurs.
- **Arthritis.** Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant "wear and tear," typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat. The immune system attacks the membranes surrounding the shoulder joint, resulting in pain and inflammation.



- **Tendinitis.** Tendinitis in the shoulder joint occurs when the joint is excessively overused. Symptoms include swelling and painful impingement when raising the affected arm.
- **Frozen shoulder.** Medically referred to as "adhesive capsulitis," frozen shoulder can occur if you have been bedridden for an extended period of time or if your arm has been in a cast or sling for a while.

Find effective shoulder pain relief today:

Two of the biggest goals of physical therapy are 1) to alleviate your pain and 2) to improve your function. Your physical therapist will work with you to make sure that both of these are achieved throughout your physical therapy sessions. If you are living with shoulder pain, don't let it limit your life any longer! **Find natural, safe, and effective relief with Advantage Physical Therapy today!**



STAFF SPOTLIGHT: ELLEN TEJERA, PT, DPT

Ellen Tejera, PT, DPT, was born and raised in Olympia, Washington. She received her BFA in Dance from Cornish College of the Arts in Seattle. After years of performing and teaching dance, she decided to further her passion for movement by pursuing her Doctorate of Physical Therapy from the University of Washington. Ellen enjoys treating all orthopedic and sports injuries with a special interest in hypermobile patient populations. Her years in the dance studio have taught her the importance of fine-tuning movement for optimal performance and injury prevention. Ellen believes physical therapy should be fun and rewarding and enjoys fostering relationships with her patients. Outside of the clinic, Ellen enjoys exploring the great outdoors, playing with her dogs, dancing, baking and knitting.

EXERCISE ESSENTIALS

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

PECTORAL WALL STRETCH

Stand with one palm against the wall and your elbow bent. Slowly turn your torso away from the wall until you feel a stretch. Hold for 15 seconds and repeat 5 times on each arm.

EXERCISES COPYRIGHT OF

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HEALTHY RECIPE

CAULIFLOWER STEAKS WITH ROASTED RED PEPPER

INGREDIENTS

- 1 cauliflower
- ½ tsp smoked paprika
- 2 tbsp olive oil
- 1 roasted red pepper
- 4 black olives, pitted
- small handful parsley
- 1 tsp capers
- ½ tbsp red wine vinegar
- 2 tbsp toasted flaked almonds



INSTRUCTIONS:

Heat oven to 220C/200C fan/gas 7 and line a baking tray with baking parchment. Slice the cauliflower into two 1-inch steaks – use the middle part as it's larger, and save the rest for another time. Rub the paprika and ½ tbsp oil over the steaks and season. Put on the tray and roast for 15-20 minutes until cooked through. Meanwhile, make the salsa. Chop the pepper, olives, parsley and capers, and put into a bowl and mix with the remaining oil and vinegar. Season to taste. When the steaks are cooked, spoon over the salsa and top with flaked almonds to serve.

<https://www.bbcgoodfood.com/recipes/cauliflower-steaks-roasted-red-pepper-olive-salsa>

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CHECK OUT OUR FACEBOOK PAGE!



 Advantage-Physical-Therapy

Advantage Physical Therapy
June 14 at 10:11 PM · 48
Is lawn care catching up with your body this year? Don't wait! Our PTs can show you ways to combat yardwork fatigue with proper body mechanics and stretches so you can keep up.



Advantage Physical Therapy
June 14 at 10:11 PM · 48
When you're done with all kinds of activities, it can be easy to get caught up in all the excitement without thinking of body mechanics. The good news is you can make your activities safer around the risk of developing pain! To learn about injury prevention, contact us!



Advantage Physical Therapy
June 14 at 10:11 PM · 48
After climbing a ladder if you feel like this more often than just the day after climbing, give us a call. We can show you exercises that prevent common injuries and help you drop that one foot!



DISCOVER MORE ABOUT ADVANTAGE PT ON FACEBOOK!

Read about our patient successes, meet our team, learn new home exercises, discover new ways to social distance and enjoy Washington, and more!

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TIPS FOR GOLFING IN THE SUMMER

1. Prepare. Before hitting the green, you may want to go to the driving range a couple of times first. This will help prepare your muscles when you play a round of golf.

2. Stretch. Stretching can improve your range of motion, making it easier to swing the club. Try stretching to warm up the muscles you will use in your golf swing.

3. Easy does it. The actual motion of golfing isn't the only thing that strains your body during a round. Soreness can also come from walking around the course and carrying your clubs. Start the year off using a push cart or only playing 9 holes while you build up the endurance needed to play an entire round. If you regularly ride in a cart, this is likely a little less of a concern.

4. Don't let your skills get rusty. If you're an avid golfer during the summer, try heading out to an indoor driving range during the off season. Regular exercise, such as jogging or biking, can also keep your muscles strong and ready for the season.



Patient Success Spotlight

"I give a big thumbs up!"

"My time in PT helped me overcome my injury and gain a friend out of the deal. This is a great clinic for recuperating from injury. I give a big thumbs up! I'm thankful for Justin being patient and a "bro" for helping me throughout my appointments." - Terren B.

Are you in pain? Have you sustained an injury?
Give your physical therapist a call today!

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SAMMAMISH: 1-425-307-5504