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With Pain!**

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*HOW PHYSICAL THERAPY CAN HELP YOU*  
**SHRUG OFF  
SHOULDER PAIN**

**ALSO INSIDE:** Treatment Spotlight: Therapeutic Massage  
Patient Success Story • Pickleball Safety Tips



# HOW PHYSICAL THERAPY CAN HELP YOU SHRUG OFF SHOULDER PAIN

Have you been living with shoulder pain that wakes you up during the night? Do you find reaching overhead to be difficult and painful? You may be living with shoulder pain that can be resolved with physical therapy.

Our shoulders are the most flexible and movable joints in the body. The shoulder joint consists of a ball and shallow socket that allows for an impressive range of motion. This mobility makes the shoulder more susceptible to injuries and pain because it depends on muscles to maintain stability and strength. When these muscles around the joint become weak or injured, the joint mechanics are affected, resulting in inflammation and pain.

## UNDERSTANDING YOUR SHOULDER

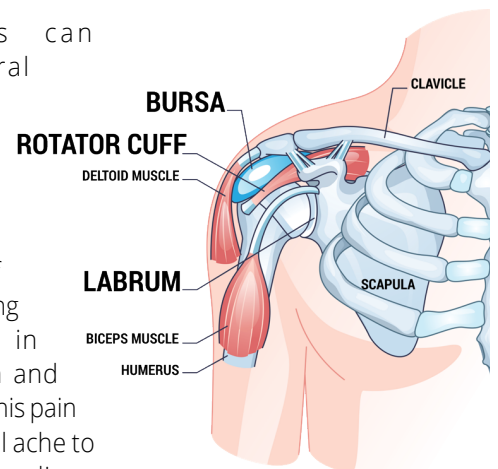
Your shoulder is a ball-and-socket joint, meaning that the humerus (ball) fits perfectly in the corresponding space in the shoulder blade (socket). Each end of the bone is protected by thick cartilage that offers mild support and allows for fluid movement.

The shoulder has the following essential structures:

- **The rotator cuff:** This is a group of muscles surrounding the shoulder joint providing support and movement through a wide range of motion.

- **The bursas:** These are small sacs of fluid that cushion and protect the tendons from the bones.
- **The labrum:** This is the cartilage that helps reinforce the cup that the ball fits into.

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



## COMMON CONDITIONS THAT CAUSE SHOULDER PAIN

Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all. Pain due to

## OUR SPECIALITIES

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KINESIO TAPING

ELECTRICAL  
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MANIPULATION

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MUSCLE ENERGY  
TECHNIQUE

DYNAMIC STRETCHING

DRY NEEDLING

CUPPING

TRACTION

WE  
NEED  
YOUR  
HELP!



wear and tear or degenerative changes are often more achy and sore.

The most common conditions affecting the shoulder are:

- **Strains:** A strain occurs when a muscle or tendon is stretched too far or torn. Strains that are not resolved fully can lead to ongoing shoulder pain, making it difficult to partake in exercise or even daily tasks.
- **Tendinitis:** Tendinitis in the shoulder joint occurs when the joint is injured or overused. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing irritation.
- **Cartilage injury:** An injury to the cartilage will typically lead to a limited range of motion and may lead to decreased strength in the affected shoulder. Often you will experience pain when moving your arm in specific ways, but not others.
- **Arthritis:** Osteoarthritis and rheumatoid arthritis are the two most common types of 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, resulting in pain and inflammation. In both cases, pain and loss of motion are typical.
- **Frozen shoulder:** Medically referred to as adhesive capsulitis, a frozen shoulder can occur if you have been bedridden or your arm has been in a cast or sling for a while. Unfortunately, it can also happen without an apparent cause. This condition causes tissues to stiffen up and causes this painful condition to occur.

## HOW PHYSICAL THERAPY CAN HELP

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. A physical therapist with experience treating shoulder pain will thoroughly evaluate the severity of your injury and identify any other limitations affecting your recovery, mobility, stability, or strength.

Soleil Physical Therapy will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. Your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured shoulder. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate any appropriate pain relief technique to help ensure you can resume doing all the activities you love.

## CALL TODAY TO FIND EFFECTIVE SHOULDER PAIN RELIEF!

Two of the biggest goals of physical therapy are to alleviate your pain and to improve your function. Your physical therapist will work with you to ensure that both are achieved throughout your physical therapy sessions.

If you are living with shoulder pain, don't let it limit your life any longer. Call Soleil Physical Therapy today to find relief once and for all!

Sources:

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Has Your Pain Returned? Call For Your Appointment Today!



## SERVICE SPOTLIGHT: THERAPEUTIC MASSAGE

### WHAT IS MASSAGE THERAPY?

Massage therapy is commonly used to help those whose muscles may have experienced extended periods of overuse. It helps in loosening up tight areas making recovery quicker and easier.

### YOUR SOFT TISSUES AND YOU

Your muscles are made up of bundles of fibers attached to your bones by connective tissues called tendons. Your bones are connected by tough bands of ligaments which are covered by yet another connective tissue called fascia. All of these connective tissues can be referred to as "soft tissues."

Your soft tissues provide you with the ability to do many things; however, they also limit you from pushing yourself too far — even if that's your intention. They can be damaged by certain stresses, especially those caused by the repeated actions of athletic activity.

### HOW MASSAGE THERAPY WILL IMPROVE YOUR LIFE

Massage therapy can be extremely beneficial for people of all ages. Your

therapist may recommend specific types of massage to complement your physical therapy treatments, including:

- **Deep tissue massage** loosens up your muscles and their connective tissues.
- **Myofascial release** creates room for tissues that may be trapped by distortions or fascial adhesions, freeing them from constriction.
- **Swedish massage** relaxes stiff or tense muscles, allowing for increased blood flow and fluid drainage from swollen areas.

Massage therapy promotes tissue healing. By working to mobilize, loosen, and relax your muscles, you can help them stay limber, decreasing your risk of future strains, sprains, and ruptures. Your soft tissues work hard to keep your body functioning correctly, so it is important to help optimize their health and function.

Request an appointment from Soleil Physical Therapy Inc. & Wellness and Quantum Physical Therapy today. Our therapists are happy to discuss our massage service with you and how it will benefit your life.

## Pickleball Safety Tips

Falling is one of the most common causes of injury in Pickleball. Players attempt to get to a ball just outside their reach, losing their balance and falling. For some, it is trying to backpedal to reach an overhead ball, while others try changing directions to get that backhand shot. Two of the most common Pickleball fall-related injuries are fractured wrist and a torn rotator cuff muscles.

The good news is that our physical therapists can help you improve your body's ability to react and stay on your feet. Our team will identify the factors contributing to coordination and balance impairments and give you the tools to improve them. Our team can work with you to train your muscles to respond with appropriate speed, distance, direction, and timing.

As we age, we all suffer from a loss of muscle mass. This significantly affects function in all activities, contributing to a reduction in balance, reduced gait speed, and increased risk of falls. Fortunately, you can improve your dynamic stability through proper balance training drills.

We will design exercises that strengthen your muscles and neuromuscular control so you can safely participate in Pickleball and any other activity! Call us!



### Patient Success Story

*"Everyone here is amazing. I have had a chance to work with a few of the PTs there and they are all wonderful. Qui is so caring and personable. He made every appointment count and is invested in his patients' recovery. I would recommend them to anyone looking for a fantastic PT office. Hours are flexible and staff is very pleasant and accommodating. Check them out!"*

— Rocio R.

**"I would recommend them to anyone looking for a fantastic PT office."**

## Has Your Pain Returned?

**Call today to schedule an appointment!**



[www.soleilpt.com](http://www.soleilpt.com)