

***Stop Living
With Pain!***

**Call Us To Schedule Your
Appointment Today!**



RELIEVING YOUR SHOULDER, ELBOW AND WRIST PAIN

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& Garlic Sauce



**RELIEVING YOUR SHOULDER,
ELBOW AND WRIST PAIN**
PHYSICAL THERAPY CAN HELP YOU FIND RELIEF

PHYSICAL THERAPY CAN HELP RELIEVE YOUR PAIN.

Are you experiencing pain and weakness in your arm? Is it difficult to lift and hold things you use in your daily routine? You could be suffering from tendon dysfunction or even arthritis in your joints.

Whether your pain results from an injury or repetitive stress, it's often the result of underlying trauma or inflammation of the tendons, cartilage, or nerves in the arm. Your pain can be so severe that doing normal activities of daily living seems impossible. While the pain may feel serious, it's entirely curable.

Call our clinic today, call to make an appointment. With guidance from your physical therapist, you can find solutions to your pain and get back to living the life you enjoy!

WHAT IS CAUSING THE PAIN?

Limited shoulder movement due to pain, stiffness, or weakness can affect a person's ability to carry out daily activities (eating, dressing, personal hygiene) and work responsibilities. Factors such as heavy lifting, repetitive movements (especially in awkward positions), and vibrations influence the severity of symptoms and disability. The most common causes

of shoulder pain and disability are:

- Rotator cuff disorders
- Joint disorders
- Arthritis and bone spurs
- Referred neck pain
- Bursitis and tendinitis

Overuse injuries often cause elbow pain. Many sports, hobbies, and jobs require repetitive movements leading to overuse. The leading causes of elbow pain and dysfunction are:

- Tennis and Golfer's elbow (i.e., tendinitis)
- Ligament sprains
- Arthritis
- Broken and/or dislocated elbow

Wrist pain is most common in groups participating in physically demanding activities like manual labor and jobs that require computer use or repetitive movements. The leading causes of wrist pain are:

- Carpal tunnel syndrome

OUR SPECIALITIES

MANUAL THERAPY

ACUPUNCTURE

THERAPEUTIC EXERCISE

KINESIO TAPING

ELECTRICAL
STIMULATION

ULTRASOUND

IASTM

ERGONOMIC TRAINING

MYOFASCIAL RELEASE

VESTIBULAR REHAB

NEUROMUSCULAR RE-
EDUCATION

ACTIVE RELEASE
TECHNIQUE

SPINAL & EXTREMITY
MANIPULATION

THERAPEUTIC MASSAGE

MUSCLE ENERGY
TECHNIQUE

DYNAMIC STRETCHING

DRY NEEDLING

CUPPING

TRACTION

- Arthritis
- Wrist tendonitis
- Repetitive motion syndrome

Shoulder, elbow, and wrist pain are often the result of workplace injury and repetitive stress injuries. While it is sometimes possible to take action to prevent an injury from developing, it is crucial to be able to recognize when an injury develops and to get help.

Find your physical therapist so he/she can identify what may have caused the pain to create and what you can do to resolve it.

WHAT DO MY SYMPTOMS MEAN?

Aching or stiffness around the front or the side of the shoulder is often due to a tendon/rotator cuff injury. In comparison, pain in the back of the shoulder is likely coming from the joint itself. Although some think the top part of shoulder blade is the "shoulder," they refer to muscles and/or the neck and not the shoulder itself.

Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner and outer aspect of the elbow is commonly thought to be where most people experience tendon or ligament injuries. Typically, the pain will be sharp at the junction of the tendon and bone but may also move toward the forearm when the injury is tendon-related or caused by inflammation.

A decreased range of motion is often associated with arthritis. Still, weakness or clumsiness when gripping or holding onto things can be signs of deeper problems. It may indicate a more severe condition: the more dysfunction and disability, the more your conditions warrant seeking help sooner than later.

Ignoring your pain or waiting too long to be seen can make the problem worse and eliminate simple solutions.

PHYSICAL THERAPY FOR SHOULDER, ELBOW AND WRIST PAIN

Physical therapy treatments for shoulder, elbow, and wrist pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like KT taping and joint splinting. These have all been proven to help alleviate pain and restore function.

Physical therapists assess your particular condition to identify the contributing factors and address all of them. Your therapist is skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

Interventions such as education, manual therapy, therapeutic exercise, nerve and tendon glide techniques are widely used for effective results!

CONTACT OUR CLINIC TODAY

Addressing the pain early on is the best way to prevent an issue from becoming more debilitating. Physical therapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and help you mobilize and strengthen the surrounding muscles to alleviate the pain associated with your injury.

Contact your physical therapist today for support with learning how to manage the pain and learn exercises and techniques that can help you overcome the injury and restore proper strength and functionality to your shoulders, elbows, and wrists.

Sources: <https://pubmed.ncbi.nlm.nih.gov/30916527/>; <https://pubmed.ncbi.nlm.nih.gov/29921250/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1283277/>; <https://bmc-musculoskeletal-disorders.biomedcentral.com/articles/10.1186/s12891-019-2902-8>; <https://pubmed.ncbi.nlm.nih.gov/33407293/>

WE NEED
YOUR
HELP!



Scan the code with your camera app, and post your success story on our Google reviews page!



致電617-644-4522, 向我們諮詢! 我們會幫助您重返毫無病痛的積極生活方式!

Has Your Pain Returned? Call For Your Appointment Today!

AT-HOME EXERCISE

SHOULDER ROTATIONS *Try this exercise to improve your shoulder ROM*

Start by standing up straight with your arms by your sides. Raise both arms up so your elbows and armpits are at 90-degree angles with your forearms aiming straight up to the sides of your head. Your upper arms should be parallel with the floor and perpendicular to your body. Rotate your forearms down toward the floor, keeping your elbows where they are. Your palms should be facing behind you at the bottom. Rotate back up. 3 sets, 10 reps, hold.



Always consult your practitioner before attempting an exercise you are unsure of.

SALMON WITH HONEY & GARLIC SAUCE



INGREDIENTS

- 1 1/4 lb salmon fillets
- 2 tsp olive oil
- salt and pepper to taste
- 4 cloves garlic, minced
- 1/4 cup water
- 1/4 cup low sodium soy sauce
- 3 tbsp honey
- 2 tsp cornstarch
- 1 tbsp chopped parsley
- lemon wedges for garnish

DIRECTIONS

Heat the olive oil in a large pan over medium high heat. Season the salmon with salt and pepper to taste. Place the salmon skin side up in the pan. Cook for 4-5 minutes per side or until cooked through. Remove the salmon from the pan, place on a plate while covering with foil to keep warm. Add the garlic to the pan and cook for 30 seconds. Add the water, soy sauce and honey combination to the pan, and bring to a simmer. In a small bowl, whisk together the cornstarch with 1 tablespoon cold water. Slowly pour the cornstarch mixture into the pan and whisk to combine. Bring to a boil and cook for 1 minute or until sauce has just thickened. Return the salmon to the pan and spoon the sauce over the top. Sprinkle with parsley and serve with lemon wedges if desired.

Recipe/Photo Courtesy: Sara of dinneratthezoo.com/honey-garlic-salmon

Salmon is rich in long-chain omega-3 fatty acids, which have been shown to reduce inflammation, lower blood pressure and decrease risk factors for disease.

Patient Success Story



“Happy to add another 5-star review for these guys!”

“Happy to add another 5-star review for these guys! I went there with a bad tennis elbow, and Dave (evaluation) and Ron (therapy) showed me how to fix it! They do a great job explaining what’s wrong, treating acute symptoms, showing you how to perform the relevant exercises, and motivating you to actually do them (which is key to success). I will return to fix my back!”

— Florian Z.

Has Your Pain Returned?

Call today to schedule an appointment!



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