

NEWSLETTER



PHYSICAL THERAPY SOLUTIONS FOR SHOULDER, ELBOW, & WRIST PAIN

2023

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Smoothie Bowl

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PHYSICAL THERAPY SOLUTIONS FOR SHOULDER, ELBOW, & WRIST 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 to make an appointment today. 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 laborers and jobs that require computer use or repetitive movements. **The leading causes of wrist pain are:**

- Carpal tunnel syndrome
- Arthritis
- Wrist tendinitis
- 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 begin and what you can do to resolve it.



Has Your Pain Come Back?

Don't hesitate to schedule an appointment to discuss your personalized treatment plan.

(724) 419-8927



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 or 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 helping 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:
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FEEL BETTER BY EATING BETTER

REFRESHING STRAWBERRY SMOOTHIE BOWL

- 1 frozen banana, peeled
- 1 cup frozen strawberries
- ¼ cup milk, more as needed
- Toppings of choice!

Add the banana, and strawberries to your blender. Let it sit in the blender for 2-3 minutes to soften slightly. Turn the blender on low and let it slowly chop up the fruit into small pieces. Add in the milk and blend, starting on low and working the speed up slowly, until smooth. Use a tamper or scrape down the sides as needed. Spoon the smoothie into a bowl and add on your desired toppings!



3 NATURAL WAYS TO BEAT SPRING ALLERGIES

It's finally spring! For most people, this means warm weather, getting outside, and appreciating the blooming flowers and beauty of nature. However, if you have allergies, you might be dreading all of the above.

Don't give up on the idea of enjoying the season just yet. Did you know there are several natural ways you can help lessen the severity of your allergies? *Here are three ways you can start fighting off your allergies, beginning today!*

1. Manage Stress

Were you aware that stress hormones can wreak havoc on your body, even weakening the immune system? This in turn can worsen seasonal allergies.

A physiotherapist can help you to manage your stress by prescribing you with an individualized exercise routine that fits with your lifestyle and personal fitness goals. Other therapeutic methods, such as massage therapy, acupuncture, and aquatic therapy, also have stress relieving properties.

2. Avoid Unhealthy Foods and Drinks

Toxins in the body frequently aggravate allergies. Allergies can flare up when the liver is working overtime metabolizing our stress, medications, alcohol, and processed foods. Therefore, avoiding fatty foods and alcohol can help lessen your allergy symptoms.

3. Clean the House

This one sounds obvious, but it can do wonders to help mitigate allergies! Many allergy triggers can be removed from your home with regular cleaning, which can help relieve your pesky symptoms.

For example, something as simple as changing your pillowcases on a regular basis can improve your symptoms since allergens can transfer from your hair to your pillow at night.

To discover more natural methods for allergy relief, contact Albanese Physical Therapy today!

Rich at Albanese Physical Therapy is the BEST. I had a hip replacement and Rich really helped me get back to normal. Since I recently had back fusion, this made Rich's job much more difficult than usual. He knew exactly what to do and I'm so thankful for his expertise. If my back issues flair up, I'll definitely come back to Rich for therapy. This facility is awesome and in pristine condition. Thanks Rich for treating my physical therapy needs.

P. D.

5-Star Google Review



Albanese Physical Therapy

FIND US

801 Fifth Ave
New Brighton, PA 15066

OUR HOURS

Monday & Tuesday: 8 AM - 5 PM
Wednesday: 8 AM - 12 PM
Thursday & Friday: 8 AM - 5 PM
Saturday & Sunday: Closed

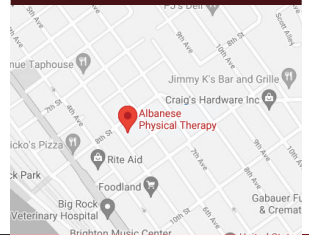
CONTACT US

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@ALBANESEPHYSICALTHERAPY



Have You Been Loving Albanese Physical Therapy?

We would love to hear your story! Scan the QR code to visit our Google Review page to leave us a 5-Star Review!

HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!

ALBANESEPHYSICALTHERAPY.COM