

# NEWSLETTER



**October Is National  
Physical Therapy Month**

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**Albanese  
Physical  
Therapy**

## HOW PHYSICAL THERAPY CAN HELP YOU RESOLVE SHOULDER PAIN

2023

Common Causes  
And Treatments For  
Shoulder Pain

October Is National  
Physical Therapy Month

Blueberry Muffin  
Overnight Oats



## HOW PHYSICAL THERAPY CAN HELP YOU RESOLVE 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.

**At Albanese Physical Therapy, we have the solutions that you are looking for!**

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.

Call Albanese Physical Therapy today to schedule an appointment with one of our physical therapists so we can help you get back to your daily life, free of shoulder pains!

### 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.



### *Has Your Pain Come Back?*

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

**(724) 419-8927**

# COMMON CAUSES AND TREATMENTS FOR 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 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.

Our therapists at Albanese 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 Albanese Physical Therapy at (724) 419-8927 today to find relief once and for all!**

Sources:  
<https://www.jospt.org/doi/full/10.2519/jospt.2020.8498>  
<https://www.jospt.org/doi/10.2519/jospt.2015.0110>  
<https://www.sciencedirect.com/science/article/abs/pii/S24688781218302479>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1263277/>



**Get Your Life Back with Albanese Physical Therapy**

Schedule your appointment to start living your life again, pain-free by scanning the QR code and visiting [albanesephysicaltherapy.com](http://albanesephysicaltherapy.com)

# FREE SCREENING

Schedule your free screening today!

**(724) 419-8927**



## FEEL BETTER BY EATING BETTER

### BLUEBERRY MUFFIN OVERNIGHT OATS

- 1 cup rolled oats
- 1/2 cup blueberries, mashed with a fork
- 2 tablespoons chia seeds
- 1 teaspoon vanilla extract
- 1 tablespoon honey
- 1 teaspoon lemon zest
- pinch of salt
- 1/2 cup vanilla Greek yogurt
- 3/4 cup unsweetened almond milk

First, mash 1/2 cup blueberries in a large bowl. Then add the rest of the wet ingredients and mix until smooth. Add in dry ingredients and mix again. Place in the refrigerator, cover for at least 2 hours or overnight. Serve cold. Top with granola, lemon zest, and fresh blueberries.

Source: <https://thefoodiefinds.com/blueberry-muffin-overnight-oats/>



Albanese Physical Therapy was wonderful to work with in regards to ease of scheduling. The office was clean and well-supplied. Rich listened to my needs and was very knowledgeable with regard to my injury. I definitely recommend Albanese PT to **EVERYONE** in need of top-notch physical therapy.



5-Star Google Review

## OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH

Did you know that October is National Physical Therapy Month? That's right, there's no better time to begin treatment for your aches and pains!

Physical therapy is a natural, safe, and effective mode of pain relief. Whether you're suffering from an injury or chronic pain condition, you can find relief in physical therapy - without undergoing surgery or relying on prescription drugs.

*Physical therapy can treat a vast variety of conditions, including:*

- Back and neck pain
- Work-related injuries
- Headaches
- Knee and hip pain
- Sports injuries
- Joint pain and arthritis

Whatever condition you are dealing with, our clinic is here to help. At Albanese PT, our goal is to help you achieve your wellness and recovery goals so you can get back to living the life you enjoy. We will evaluate your symptoms, discuss your medical history, and any health constraints you may have before establishing an action plan for your path to recovery.

The primary goals of any physical therapy care plan are to address a patient's physical goals, identify and treat the source of pain, maximize the patient's ability to function independently, and prepare them for long-term success.

*These outcomes are achievable through the use of the following physical therapy techniques:*

- Work Therapy
- Kinesio taping
- Therapeutic exercises
- Vestibular Therapy Manual therapy, such as joint mobilizations and massage therapy

Are you ready to find long-term relief and stop putting up with constant discomfort and pain? Call us today to make an appointment with a physical therapist.



**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

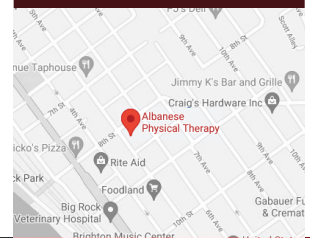
**CONTACT US**

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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