

NEWSLETTER



WHAT'S CAUSING MY ELBOW AND WRIST PAIN AND HOW CAN PHYSICAL THERAPY HELP?

2024

What's Causing
My Elbow and
Wrist Pain?

Feel Better By
Eating Better

The Healing
Power of Sleep

ALBANESEPHYSICALTHERAPY.COM

(724) 419-8927



WHAT'S CAUSING MY ELBOW AND WRIST PAIN — AND HOW CAN PHYSICAL THERAPY HELP?

Remember the last time you accidentally slammed your funny bone? That sharp, radiating pain is deeply unpleasant — fortunately, it usually only lasts a few moments. But what happens when that pain lingers? If you're dealing with pain in your elbow, forearm, or wrist, Albanese Physical Therapy is here to help!

Wrist and elbow pain can have several potential causes. Three major nerves run through the arm and can become entrapped, leading to numbness, tingling, and pain. You can also injure the muscles, tendons, or ligaments in the elbow and wrist joints, which can cause mobility restrictions and pain in the impacted area.

Our team of physical therapists will help you get to the bottom of your elbow pain — and we'll help you find a way to resolve that pain for good. Call us to schedule an appointment and get started today!

A CLOSER LOOK AT THE CAUSES OF WRIST AND ELBOW PAIN

When you come in for your appointment, the first thing we'll do is carefully review your symptoms and run a few simple movement screens to help pinpoint the cause of your pain.

Overuse injuries are one of the more common causes of wrist and elbow pain. You've probably heard of conditions such as tennis elbow or golfer's elbow — both are examples of overuse injuries. They stem from repetitive movements or awkward postures that strain the joint's soft tissue, leading to a gradual onset of symptoms.

You can also suffer **acute injuries**, particularly in the wrist. These injuries happen suddenly rather than over time. Wrist sprains, in which the ligaments in the wrist suffer damage, are among the most

common. You can also fracture the bones in your wrist and elbow, which will typically require medical intervention.

Nerve disorders are another common source of discomfort in the elbow, forearm, and wrist. They occur when one of the nerves running through the arm becomes entrapped, leading to pain, numbness or tingling, and mobility restrictions. The location of your symptoms can let you know which nerve is affected:

- **Carpal tunnel syndrome** affects the median nerve and can become trapped in a structure in your wrist (the carpal tunnel). You'll typically experience symptoms in your wrist and hand.
- **Cubital tunnel syndrome** affects the ulnar nerve, which passes through a narrow structure in your elbow (the cubital tunnel). If the nerve becomes entrapped in the cubital tunnel, it can cause symptoms in your elbow and hand.

Finally, **arthritis** can affect your elbows and wrists, leading to pain and restricted range of motion.

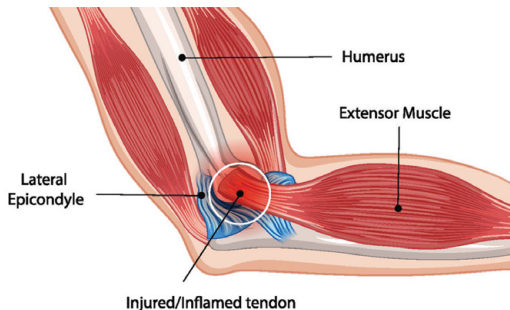


Questions for Rich: *How much does a physical therapy session cost?*

It depends on your insurance. Some have no out of pocket expense, some have a copay and some have a deductible that needs to be met. Our office verifies your insurance before you start and gives you the information prior to your first visit.

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WHAT PHYSICAL THERAPY CAN DO TO HELP EASE YOUR WRIST AND ELBOW PAIN



Once our therapist has determined the source of your pain, we'll develop a customized treatment program to help you find relief. The good news is that physical therapy alone can resolve most common sources of wrist and elbow pain. Here are a few of the techniques we might incorporate into your program:

- **Manual Therapy:** Manual therapy techniques help reduce pain and restore mobility restrictions. We might guide the joint through its current range of motion, manipulate your soft tissue, or try other techniques.
- **Therapeutic Exercises:** We'll create a targeted, progressive exercise program to ease your symptoms. We'll start with gentle stretches and mobility work, then move on to strengthening exercises to help support and stabilize the impacted joint.
- **Braces and Splints:** Some conditions might benefit from a brace or splint, which temporarily immobilizes the joint as you work on treatment. We'll let you know if it's a good choice and help you find the right device to suit your needs.
- **Injury Prevention:** We'll let you know what you can do to prevent future injuries. We might show you ergonomic adjustments to reduce the impact of repetitive movements, postural corrections to minimize strain on your wrist or elbow, or other strategies.

LET'S GET TO THE ROOT OF YOUR WRIST OR ELBOW PAIN!

Pain in the wrist or elbow can seriously impact your quality of life, making it difficult to perform day-to-day movements like brushing your teeth, typing on a computer, or preparing a meal. The team at Albanese Physical Therapy will help you get to the bottom of your pain to find lasting relief.

Call us to schedule your initial appointment today!

Sources:
https://www.physio-pedia.com/Physiotherapy_Management_of_the_Elbow
<https://www.ncbi.nlm.nih.gov/books/NBK52948>
https://physio-pedia.com/Carpal_Tunnel_Syndrome



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

FREE SCREENING

Schedule your free
screening today!

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FEEL BETTER BY EATING BETTER

EASY SALMON BURGERS

- 1 cup finely chopped red onion
- 1/4 cup thinly sliced fresh basil
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 1 pound salmon fillet
- 1 tbsp hot pepper sauce
- 1 large egg white
- 8 slices focaccia, toasted

Combine first 5 ingredients in a large bowl. Combine hot pepper sauce and egg white in a small bowl; add egg white mixture to salmon mixture, stirring well to combine. Divide the mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add salmon patties, and cook 3 minutes on each side or until desired degree of doneness. Serve patties on toasted focaccia.



THE HEALING POWER OF SLEEP

8 EFFECTIVE TIPS TO IMPROVE SLEEP

Sleep is vital for our well-being. It's not just a nightly routine but a key to feeling our best. Sleep does more than just refresh us; it helps prevent injuries, speeds up healing after injuries, and keeps our mental health in check.

At Albanese Physical Therapy, we recommend the following strategies to enhance your sleep:

- 1. Sleep Schedule:** Research studies emphasize the importance of consistently going to bed and waking up at the same time daily. Also, get exposure to natural light first thing in the morning to help regulate your circadian rhythm.
- 2. Bedtime Routine:** Engage in calming activities before bedtime, such as reading or practicing relaxation techniques like deep breathing.
- 3. Optimal Sleep Environment:** Keep your bedroom cool (around 65-68°F), dark, and quiet. Invest in comfortable bedding and a supportive mattress.
- 4. Limit Screen Time:** Avoid electronic devices like smartphones and computers at least an hour before bedtime to minimize exposure to disruptive blue light.
- 5. Limit Food and Fluid Before Bed:** Reducing fluid intake and avoiding late meals in the evening can help prevent disrupting your sleep.
- 6. Avoid Alcohol and Drugs Before Bed:** Drinking alcohol or consuming caffeine and nicotine close to bedtime can disrupt quality sleep.
- 7. Physical Activity:** Regular exercise, particularly earlier in the day, can improve sleep quality.
- 8. Manage Stress:** Chronic stress can negatively affect sleep quality. Stress management techniques, such as progressive muscle relaxation and mindfulness meditation, help improve sleep quality and reduce insomnia symptoms.

PRIORITIZING QUALITY SLEEP FOR A HEALTHIER AND HAPPIER LIFE

Incorporating these strategies into your nightly routine can help you wake up feeling refreshed and ready to tackle the day ahead. Remember, getting a good night's sleep is one of the best things we can do for ourselves!

I was in a car accident and injured my right hand not being able to bend my finger. Rich was very attentive and worked with me using exercises and water therapy to help me gain the use of my hand again. Would highly recommend.

★★★★★
Google 5-Star Review



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

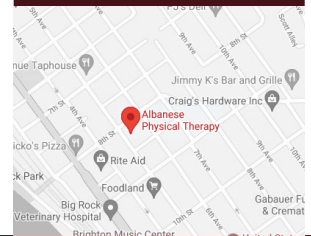
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Have You Been Loving Albanese Physical Therapy?
We would love to hear your story! Scan the QR code to visit our Google Review page to leave us a 5-Star Review!



HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!

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