



PHYSICAL THERAPY SOLUTIONS FOR
SHOULDER, ELBOW, & WRIST PAIN

PHYSICALTHERAPYCENTER.ORG



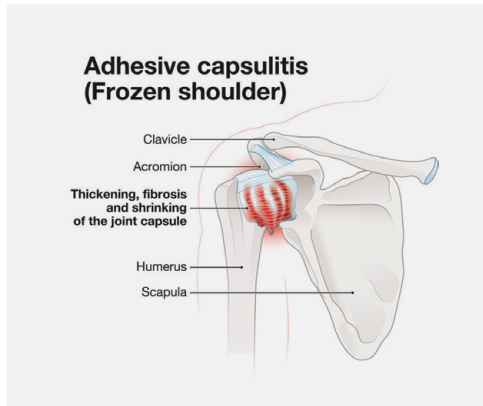
Call today and start enjoying what you love, free from pain!
Call the Physical Therapy Center today at (704) 610-1868

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 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 laborers and jobs that require computer use or repetitive movements. *The leading causes of wrist pain are:*

- Carpal tunnel syndrome
- 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.

Life is too short to be living in pain.

Give us a call today to
set up your next appointment!

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 & 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://orcnmusculoskeletaldisord.biomedcentral.com/articles/10.1186/s12891-019-2902-8>
<https://pubmed.ncbi.nlm.nih.gov/33407293/>

Has your pain come back? Give us a call or visit www.PhysicalTherapyCenter.org today!



Feel Better By Eating Better! Peanut Butter Energy Bombs

- 2 cups old-fashioned rolled oats
- ½ cup ground flax seed
- 1 tbsp black chia seeds
- 1 tsp cinnamon
- ½ cup raw honey
- ½ cup peanut butter
- 1 tsp vanilla extract
- 1 scoop vanilla whey protein powder
- ½ cup dark chocolate chips

Add rolled oats, ground flax seed, chia seeds, cinnamon, honey, peanut butter, vanilla extract, and vanilla protein powder to food processor. Pulse until ingredients are blended (about 7-9 times). Add mixture to a large bowl, add in chocolate chip. Stir to combine. Form energy bite mixture into 1" balls and place on parchment paper lined baking sheet. Cover and place in refrigerator for 2 hours.

Get Your Life Back with PT Center

Make an appointment today to start living your life again, pain-free!

Matthews Location
(704) 610-1188

Waxhaw Location
(704) 459-4269

South End Location
(980) 303-3991

Monroe Location
(704) 459-3794



5 Ways To Invest In Your Health Today

1. Make Sure To Eat Healthy.

Eating healthy doesn't mean you have to stay away from all sweets and salty snacks, it just means being smart about your food choices. Try swapping out your burger for lunch for a healthy meal of salmon and asparagus and buy less sugary snacks at the grocery store.

2. Exercise Regularly.

We all have unique bodily compositions. You don't have to work out so hard that you pass out! Find a workout that raises your heart rate as much as feels comfortable for you. In this sense, exercise turns into medication.

3. Get To Sleep At A Decent Hour.

Everywhere we look nowadays, there's a glow of blue light glaring back at us. Try to put your phone down and turn your television off in the evenings so your mind and body have a chance to slow down and get ready for sleep. Staying up until two in the morning is setting your body up for exhaustion. If you must have a light on at night, Harvard Health suggests "[using] dim red lights for night lights. Red light is less likely to shift circadian rhythm and suppress melatonin."

4. Have A Primary Care Physician.

Shockingly enough, many people do not have primary care physicians! When they don't feel good, they turn to express medical centers (which can be quite pricey and time consuming) for help. Having a primary care



doctor is a good way to keep all of your medical history in one place. You can also have a "go-to" office to call when you're in need of referrals for specialists.

5. Pay Attention To Your Mental State Of Being.

Being healthy is about more than just your physical state. Your mental and emotional wellbeing are important as well. Investing in your health means investing in all aspects of your body, and if you're struggling with anxiety or depression, it could benefit you to see a counselor.

Source: <https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>

Featured Exercise Shoulder Extension



Lean forward, supporting yourself with your arm (as shown) or against a chair or counter and hold a free weight at your side. Keeping your elbow straight and shoulders relaxed, raise your arm up behind your body. SLOWLY lower arm "fighting" the resistance. Repeat 6-10 times on the affected arm(s).

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.



Leave Us A Review!

Have you been loving the Physical Therapy Center? **We would love to hear!** Scan the QR code or visit our website at PhysicalTherapyCenter.org to tell us how we're doing!