

NEWSLETTER

Protecting Your Shoulders From Injury

It's a familiar feeling. The ache in your shoulder keeps you up at night and the thought of lifting your arm over your head is torture. So, what do you do with a shoulder injury? If you have tried looking it up yourself you know that those aches and pains you are feeling can be serious. You also know just how many injuries occur within the shoulder area.

(continued inside)

INSIDE:

- REDUCE YOUR RISK OF SHOULDER INJURIES
- EXERCISE OF THE MONTH
- HEALTHY RECIPE





Protecting Your Shoulders From Injury

A close-up photograph showing a physical therapist's hands examining a patient's shoulder. The therapist is wearing a light blue long-sleeved shirt. The patient is lying on a blue surface, and a white towel is visible near their shoulder.

That's because this large joint is the connecting point for so many crucial daily actions. Among the most common types of shoulder injuries are biceps tendonitis, rotator cuff tears and sprains, arthritis and shoulder impingement.

INJURY CAUSES

Many shoulder injuries result from tasks requiring heavy lifting or repetitive reaching motions. Along with manual labor jobs, work around the house such as cleaning gutters or hanging up wet clothes are common culprits.

In addition, athletic pursuits like weightlifting, swimming, and tennis can unfortunately lead to shoulder injuries. Along with these activities, passive movements can also be a problem.

If you have continuous poor posture, the improper positioning of your shoulders, can make you extra vulnerable to scapula (shoulder blade) and rotator cuff injuries.

KNOW THE WARNING SIGNS

All of us experience occasional aches and pains from doing too much, which does not necessarily mean a chronic problem is emerging. However, when those pains don't go away, or when the uncomfortable feelings have certain characteristics, it's important not to ignore them, and seek help.

If you keep experiencing shoulder clicking or "popping," for example, you may have a ligament tear in your shoulder area. Sharp pain should also be checked out with your physical therapist, as this means the shoulder joint is not moving in good alignment.

There are also more easily-ignored symptoms, like a dull pain that runs along the side of your arm, or sudden arm weakness whenever you try to carry something or reach for an object. These symptoms, you should definitely not ignore.

Has Your Pain Come Back? Call us at 866.320.3562 or visit achieve-therapy.com today!

Staff Spotlight



My name is: Gabriele Lynn Ann Moreland (it's a mouthful)
I was born in: Langdon, ND
But now I live: Pisek, ND
The best part about my job is: My coworkers
I'm inspired by: Food
My best kept secret is: If I told you it wouldn't be much of a secret!
I collect: Rocks
I never leave the house without: A ponytail holder

If I could live in any decade it would be: 1920's

Because: Everyone was always dressed to impress and the internet wasn't around

The person I'd love to meet (dead or alive) is: My Great Great Grandmother

Because: She was in Czechoslovakia when Hitler was in power and her, her husband, and their daughter fled to come to the US. I had the pleasure of having my great grandmother around until I was about 8-9 years old and she would tell me some stories about when she was very little. I would just like to hear what it was like in Czechoslovakia for her mother and father.

If I could wear only 1 color it would be: Black

On Sunday afternoon, I like to: Mentally prepare for Mondays

If I were stranded on a desert island, I'd take these 3 things: Bug spray, fishing poles, and my husband

I love: My family



Clinic News

Check Out Our New Clinic



Exciting things are happening in our Park River & Graton locations. Our Park River location is making a move to a larger space and we will be adding group exercise classes to both Park River and Graton. Our new digs in Park River should be ready in March and we can't be more excited. Follow us on Facebook, Instagram or Twitter for updates, and check out our website for class details.

www.achieve-therapy.com

Healthy Recipe

ARUGULA SALAD WITH GRAPES AND SUNFLOWER SEEDS

Ingredients

- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Directions

Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.



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Reduce Your Risk of Shoulder Injuries

You can certainly ease problems associated with shoulder injury through medical attention and physical therapy. However, protecting your shoulders in the first place is always the best strategy.

Make sure your posture is the best it can be at all times, whether it's while you're relaxing in your favorite chair, standing in line, hitting the gym, or working long hours at your desk.

Think "up and back," because letting the weight of your head and trunk rest forward puts pressure in all the wrong places, including your shoulders. Positioning yourself before sleep is also crucial; resting on your favorite side when the weight is on your shoulder can definitely create shoulder impingement over time. Avoid any positions where your arm is over your head while sleeping.

You'll additionally reduce wear and tear on your shoulders by being more mindful of how you use them. Does your job or sport absolutely require repetitive lifting, reaching or swinging? If so, it's helpful to get coaching from a physical therapist -- or even an actual coach -- about how to reduce the strain on your shoulders by shifting your positioning and using correct technique.

Along with placing your body more efficiently to perform tasks, it's also helpful to strengthen your shoulder muscles for light but frequent daily chores as well as strenuous, repetitive motions. Try to do a combination of some basic exercises a few times a week, in order to strengthen a range of muscles, including those in your rotator cuff region.

Doing wall push-ups - essentially a standing push-up in which you "lift off" from the wall rather than the floor - is one classic option. Secondly, consider buying resistance bands, which are inexpensive



and portable. Attach them to a doorknob and pull them toward you, holding for a few seconds with each repetition. Do these reps in groups of five, two or three times a day.

Lastly, don't forget that classic "chair push-ups," in which your arms do the work of lifting off the chair, are great for toning shoulder muscles.

If you have questions about an aching shoulder or wondering if you are setting yourself up for injury, give us a call to speak with one of our physical therapists today. Your shoulders will be happy you did!

Exercise of the Month

Try This Exercise to Relieve Pain

SHOULDER EXTERNAL ROTATION (BAND)

Sit with good posture. Hold tubing in both of your hands. Tuck your elbows against your sides. Rotate one arm outward, pulling against the tubing. Repeat 12 times on each side. Do this 3 times a day.



 SimpleSet Pro
www.simpleset.net

SERRATUS WALL SLIDE

Place your forearms and hands along a wall so that your elbows are bent and your arms point towards the ceiling. Next, protract your shoulder blades forward and then slide your arms up the wall as shown. Then, return to original position and repeat 6 times.





FREE EXAM!

March 17th • 8:30am-4:30pm

We are offering completely Free Exams for:

- All past clients who have not been seen in PT in the past 2 months.
- All present clients who have another problem currently not being treated.
- All loved ones, family, friends, neighbors and co-workers of our past and present clients.

Each FREE EXAM will consist of a 30-minute one-on-one appointment with one of our physical therapists. The therapist will talk with you about the history of your problem. They will take measurements to see how well you are moving and to test your strength.

After a thorough exam, we will give you a written plan of care, outlining **1) the cause of your pain or problem** and **2) a plan for successful treatment**.

The Free Exam is Ideal for People Suffering from:

- Lower Back Pain & Sciatica
- Neck Pain & Headaches
- Ankle Pain
- Arthritis
- Shoulder Pain
- Difficulty/Pain with Movement
- Hip Pain
- Knee Pain
- Balance Problems

If you are having pain or problems with day to day activities such as walking, standing, sitting for long periods, going up or down steps, getting in and out of the car, sleeping AND/OR you are having pain with playing tennis or golf, then this is an excellent opportunity to see our staff and find out the cause of your problem.

***Experiencing a problem not listed above?
Call us to find out how we can be of assistance!***

**Call Now to Schedule
Your Free Exam!**

**829 Lake Ave, Suite B
Detroit Lakes MN 56501
218-292-3260**



Upcoming Relief for Shoulder Pain Workshops

March 11th • Park River • 6:30pm

April 15th • Park River • 6pm

April 8th • Grand Forks • 6:30pm

April 22nd • Detroit Lakes • 6pm

Shoulder Pain Can Completely Ruin Your Life. COME BACK IN TO LEARN MORE!!

- It can take your focus away from enjoying your life... like spending time with your children or grandchildren
- It can mess up your work or force you to do a job you don't want to do
- It can ruin your travel plans

Here's some of what you'll learn:

- ✓ The single BIGGEST #1 MISTAKE Shoulder Pain & Rotator Cuff Injury sufferers make which actually stops them from healing
- ✓ The 3 MOST COMMON CAUSES of Shoulder Pain & Rotator Cuff Injury
- ✓ What successful treatment and permanent relief looks like without the side effects of medications, injections or surgery



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