



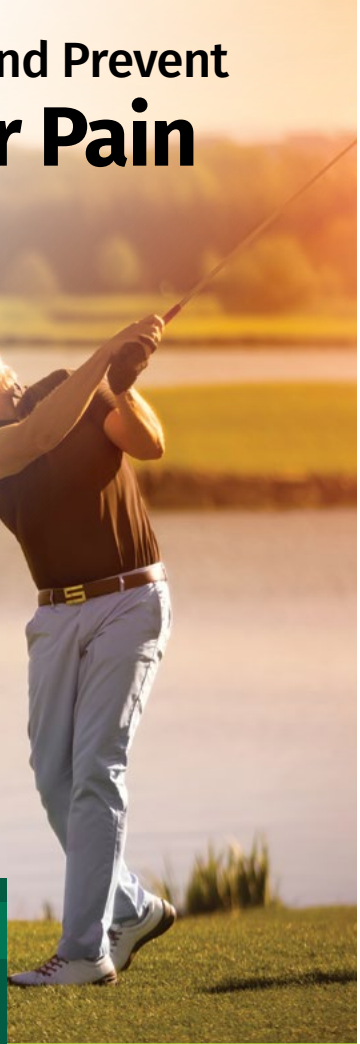
*Performance For Life*

# NEWSLETTER

## Tips to Help Alleviate and Prevent Your Shoulder Pain

Do you notice your shoulder is waking you up at night? Are you having difficulty reaching or lifting overhead? You might have a rotator cuff injury or another shoulder disorder. At Achieve Therapy & Fitness, our physical therapist can help figure out what is causing your symptoms and how to resolve them so you can use your arm and get a good night's rest!

***Open the Newsletter to Read More! >>***



### ALSO INSIDE...

- Patient Success
- Daily Exercises That Can Help The Shoulders
- Healthy Recipe
- Staff Birthdays & Work Anniversaries

## Have You Been Putting Chores Off Due To **Shoulder Pain?**

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The most common cause of shoulder pain is due to injury or dysfunction of the rotator cuff. The shoulder joint is formed where the upper arm bone (i.e., humerus) fits into the shoulder blade (i.e., scapula). It is known as a ball and socket joint.

The rotator cuff is a group of muscles and tendons surrounding the shoulder joint. The job of these muscles is to help move the arm and stabilize the ball in the socket. Shoulder pain occurs if the shoulder tendons are pinched by the bones of the shoulder resulting in the tendons becoming inflamed or damaged.

At Achieve Therapy & Fitness, our physical therapist can help identify the cause of your shoulder pain and the steps needed to resolve it. Request an appointment today, and let us help you get your arm moving again!

### ***Conditions that cause shoulder pain***

The shoulder is the most mobile joint in the body, allowing us to use our arms in various ways, including reaching, pushing, pulling, lifting, and throwing. The complexity of movement requires the upper back (i.e., spine), shoulder blade (i.e., scapula), and the arm bone (i.e., humerus), and all the muscles and nerves work together to achieve the mobility and function we are accustomed to.

If any part of the system is not working correctly, we become more susceptible to injury. Repetitive stress or trauma can damage the shoulder complex and lead to pain. The most common shoulder problems fall into the following categories:

- Tendon inflammation
- Bursitis
- Tendon tear (i.e., partial, complete, or degenerative)
- Instability (i.e., partial or total dislocation)
- Degeneration and/or arthritis
- Fractures

Our therapists will guide the most effective treatments, including manual therapy, exercise recommendation, and injury prevention strategies.

***Turn the Page to Read More >>***



# Daily Exercises That Can Help The Shoulders

<< *Continued from Previous Page*

Our team at Achieve Therapy & Fitness physical therapy clinic will identify the underlying causes of your shoulder pain and develop a treatment plan based on your individual needs. We emphasize targeted stretches/mobility work strengthening exercises to help your recovery and prevent future problems. If you are looking to get started with some safe stretches that are used to help improve your shoulder function, try the following exercises:

## **Across-the-chest stretch**

This exercise helps increase flexibility and range of motion in your shoulder joint and the surrounding muscles. Remember to stop if you feel increasing pain in your shoulder.

Start by bringing your right arm up and across your chest with your hand gently resting on your left shoulder, or use your left hand to support your arm by the elbow. Use your left hand to gently press the right arm towards your chest until you feel a stretch in the right shoulder. Hold this position for 20-30 seconds and do 3-5 reps. Repeat on the opposite side.

## **Chest expansion / Posture corrections**

This exercise promotes mobility of the upper back and range of motion in your shoulders. Slouching places the shoulder in a vulnerable position and makes you more susceptible to injury and pain.

While standing, hold a strap or towel behind your back with both hands. With control, move your shoulder blades toward each other while lifting your chest/breast bone. Finish by lifting your chin slightly to the ceiling. Hold for 20-30 seconds and repeat 3-5 times.



## **Thread the needle**

Start on your hands and knees. Lift your right hand toward the ceiling with your palm facing away from your body. Next, lower your right arm under your chest and reach across your body to the left side with your palm facing up. Hold this position for 20-30 seconds and do 3-5 reps. Repeat on the opposite side.

Strengthening your shoulder muscles (i.e., rotator cuff and shoulder blade muscles) can also help support and stabilize your shoulder joint. Strength training can potentially decrease muscle imbalances and reduce the risk of shoulder injuries and shoulder pain.

**Request an appointment at Achieve Therapy & Fitness today!** Our team of physical therapists can help alleviate your shoulder pain and get your arm moving again. Call today and schedule your appointment!

Sources: <https://www.jospt.org/doi/10.2519/jospt.2020.0501>  
<https://www.jospt.org/doi/pdf/10.2519/jospt.2020.8498>  
[https://www.physio-pedia.com/Evidence\\_Based\\_Interventions\\_for\\_Shoulder\\_Pain](https://www.physio-pedia.com/Evidence_Based_Interventions_for_Shoulder_Pain)  
<https://www.jospt.org/doi/10.2519/jospt.2020.0501>

## Join us for a **FREE Shoulder Pain & Rotator Cuff Workshop**

June 9th • Grafton • 5:30PM  
June 23rd • Grand Forks • 6:45PM  
June 28th • Park Rapids • 5:30PM  
July 19th • Park River • 5:30PM  
July 19th • Grand Forks • 6:45PM  
July 26th • Park Rapids • 5:45PM  
August 9th • Grafton • 5:30PM  
August 16th • Grand Forks • 6:45PM  
August 23rd • Park Rapids • 5:45PM

## **Register Today!**

[achievetherapy.ptworkshops.com/AchieveTherapy-GrandForks/rotatorcuff/workshop](https://achievetherapy.ptworkshops.com/AchieveTherapy-GrandForks/rotatorcuff/workshop)

## **Patient Success**



"Kindra was amazing. She helped me through shoulder pain that I thought I would have to live through. The staff was amazing, they were all so friendly and made me smile every time I came in. Thanks to Achieve Therapy, I can now go on doing things I couldn't with my shoulder pain." — **Traci**



# Staff Birthdays & Work Anniversaries



## June Celebrations for Our Staff

### Staff Birthdays

Jenna Wing – June 13th

### Work Anniversaries

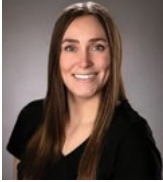
Kindra Bergund – June 22nd



We wish our staff a happiest birthday and celebrate their contributions to our patients and community!

## Staff Spotlight

### Katie Skorheim PT, DPT



A native of Edmore, ND, Katie currently resides in Fordville, ND with her husband, two cats (Pam and Jim), and dog (Chief). Katie graduated from The University of North Dakota in 2018 with her Doctorate in Physical Therapy. She is currently treating patients at our Grafton, ND and East Grand Forks, MN clinics. She is a certified ASTYM practitioner and is currently pursuing Blood Flow Restriction Therapy (BFR) certification. Katie will be splitting her time between Grafton and Park River.

When not working, Katie enjoys reading (is always looking for a recommendation), camping and hiking, snowboarding, game nights, golf, and spending time with friends and family.

[kskorheim@achieve-therapy.com](mailto:kskorheim@achieve-therapy.com)

## Healthy Recipe *Cucumber Sandwich*

### Ingredients

- 2 oz cream cheese, at room temperature
- 1 tbsp low-fat plain Greek yogurt
- 1 tbsp sliced fresh chives
- 1 tbsp chopped fresh dill
- ¼ tsp ground pepper
- 2 slices whole-wheat sandwich bread
- 1/3 cup thinly sliced English cucumber

**Directions** Stir cream cheese, yogurt, chives, dill and pepper together in a small bowl until well blended. Spread the mixture evenly on one side of each bread slice. Top 1 slice with cucumber slices, then top with the other bread slice, cream cheese-side down. Cut the crusts from the sandwich and cut it in half diagonally.

Recipe: <https://www.eatingwell.com/recipe/7949991/cucumber-sandwich/>



## June Fitness Member of the Month

### Rodney is our June Fitness Member of the Month

**Fitness centers you attend:** Columbia Road

**Favorite thing about Achieve Fitness:** Everyone is so friendly!

I first started coming to Achieve for Physical Therapy about 6 months ago. And now I am able to walk again. I did PT for 2 months and now I am able to come and workout 3 times a week. When I come my PTs are still cheering me on!



Has Your Pain Come Back? Call us at 866.320.3562 or visit [achieve-therapy.com](http://achieve-therapy.com) today!



Skip The Prescription With  
**DIRECT ACCESS**  
TO PHYSICAL THERAPY

CALL 866-320-3562 TO SCHEDULE YOUR APPOINTMENT WITH US TODAY!

**6 E 12th St**

Grafton, ND 58237  
701-380-3018

**403 Briggs Ave S**

Park River, ND 58270  
701-490-8150

**110 Pleasant Ave S.**

Park Rapids, MN 56470  
218-216-2491

**1425 S Columbia Rd**

Grand Forks, ND 58201  
701-409-1614

**1421 Central Ave NW**

East Grand Forks, MN 56721  
218-316-7798

**3035 Demers Avenue**

Grand Forks, ND 58201  
701-409-1592



## JOIN US FOR A **FREE** SHOULDER PAIN & ROTATOR CUFF WORKSHOP!

June 9th • Grafton • 5:30PM

June 23rd • Grand Forks • 6:45PM

June 28th • Park Rapids • 5:30PM

***And more dates inside!***

**REGISTER HERE:**

[achievetherapy.ptworkshops.com/AchieveTherapy-GrandForks/rotatorcuff/workshop](https://achievetherapy.ptworkshops.com/AchieveTherapy-GrandForks/rotatorcuff/workshop)