



## TIPS TO HELP ALLEVIATE AND PREVENT 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, our physical therapists 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!

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, our physical therapists 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.

Visit Us Online [achieve-therapy.com](https://www.achieve-therapy.com) or Call [866-320-3562!](tel:866-320-3562)

# DAILY EXERCISES THAT CAN HELP THE SHOULDERS



Our team at Achieve Therapy 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 for shoulder injuries and shoulder pain.

## Request an appointment at Achieve Therapy today!

Our team of physical therapists can help alleviate your shoulder pain and get your arm moving again. Call today and schedule your appointment!



**1425 S COLUMBIA RD**  
Grand Forks, ND 58201  
Phone: [701-409-1614](tel:701-409-1614)

**403 BRIGGS AVE S**  
Park River, ND 58270  
Phone: [701-490-8150](tel:701-490-8150)

**1421 CENTRAL AVE NW**  
East Grand Forks, MN 56721  
Phone: [218-316-7798](tel:218-316-7798)

**110 PLEASANT AVE S.**  
Park Rapids, MN 56470  
Phone: [218-216-2491](tel:218-216-2491)

**3035 DEMERS AVENUE**  
Grand Forks, ND 58201  
Phone: [701-409-1592](tel:701-409-1592)

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>

Visit Us Online [achieve-therapy.com](https://achieve-therapy.com) or Call [866-320-3562!](tel:866-320-3562)

# Patient Success

"I had the best therapy I have ever have. After 1 surgery I thought I was going to have to have another. Achieve Therapy has amazing therapy techniques and after a few months, I no longer need to have a second surgery. I have great strength again and I just can't say enough good things about my experience. I know I will be going back if I ever need therapy for anything again."

— Ky

## Staff Birthdays & Work Anniversaries

### May Celebrations for Our Staff

#### Staff Birthdays

Laurie Holte — May 9th      Cliff Lafreniere — May 26th  
Heather Walsh — May 20th      Taylor Kunz — May 28th

#### Work Anniversaries

Shayna Langland — May 3rd      Tom Carson — May 10th

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

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEWS

achieve-therapy.com

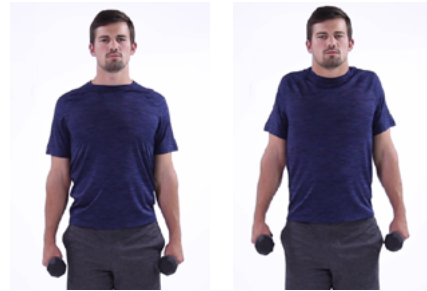


# EXERCISE ESSENTIALS

## SHOULDER SHRUGS (WEIGHTS)

*Try this movement to relieve your shoulder pain.*

Stand upright with dumbbells in your hands and your arms straight by your sides. Slowly shrug your shoulders diagonally up and back in a straight line. Feel the contraction in your upper back just below your neck. Repeat 3 sets of 10 reps.



PT WIRED  
www.ptwired.com

*Always consult your physical therapist or physician before starting exercises you are unsure of doing.*

## HEALTHY RECIPE

### SPRING VEGETABLE TART

#### Ingredients

- 2 sheets puff pastry
- 1 egg, lightly beaten
- 5 oz vegetable dip
- 6 baby zucchini, halved
- 3-4 yellow squash, thinly sliced with a mandoline
- 1 bunch asparagus, thinly sliced lengthways
- 1 1/2 c goat's cheese
- Extra virgin olive oil



- Balsamic vinegar glaze
- Mixed herbs, to serve

#### Directions

Preheat oven to 395°F. Line a large baking tray with baking paper. To make tart case, place pastry sheets side by side on the lined tray. Brush egg wash along the long edge of one sheet, then overlap with the other by 2 cm to create a large single sheet. Fold and pinch all four sides to make a 2 cm border, pushing down to seal. Brush border with egg wash. Prick the base of the tart all over. Place in oven and bake for 20 minutes. Remove from oven and spread base of pastry with dip. Place vegetables in a large bowl. Pour boiling water over vegetables, steep for 1 min to blanch, then drain and pat dry with kitchen paper. Scatter vegetables over tart and crumble over goat's cheese. Drizzle with oil and vinegar glaze. Serve with mixed herbs.

<https://www.delicious.com.au/recipes/spring-vegetable-tart/Td9n0XCA>



MAY

# CLINIC NEWS

## MAY FITNESS MEMBER OF THE MONTH

### Meet Ron our May Fitness Member of the Month!

Ron enjoys the variety of resistance machines that the Columbia Fitness Center offers. He especially likes the cardio machines!

"I enjoy the personal and professional atmosphere of the therapists, staff and clientele. It makes coming to work out something to look forward to and enjoy. I have been attending Achieve since June of 2011. My goal was to maintain fitness and mobility with the advantage of having physical therapists available to help and guide me.



## STAFF SPOTLIGHT

### Welcome Jocelyn!

Jocelyn recently joined the Achieve team as a personal trainer and fitness instructor and works at our Columbia location. Jocelyn is a sophomore at UND where she just finished two years of collegiate volleyball! She hopes to someday become a physical therapist. In her free time, Jocelyn enjoys spending time with family, going to the lake and going for walks outside! Jocelyn is enjoying getting to know all of the staff, patients and fitness members and looks forward to seeing all the smiling faces every day at Achieve. We are so excited to have her join our team!



Visit Us Online [achieve-therapy.com](https://achieve-therapy.com) or Call [866-320-3562!](tel:866-320-3562)