



PHYSICAL THERAPY CAN HELP YOU RECOVER FROM A **ROTATOR CUFF INJURY**

Have you noticed your shoulder is sore and not working like it used to? Have you been told you have a rotator cuff injury? Whether you have a sore shoulder or just had surgery to repair a tear, our team at Achieve Therapy can help you recover from any rotator cuff problem and get back to using your arm doing what you love!

The rotator cuff is the group of four muscles and their tendons that surround your shoulder joint. These muscles are responsible for keeping the shoulder joint stable. Sometimes, the rotator cuff can become torn or injured due to an accident/trauma or repetitive overhead motions performed in sports or jobs.

The risk of injury increases with age but can also occur in younger people. Older adults can injure the rotator cuff when they fall on or strain with a sudden shoulder movement.

Continuous poor posture and improper positioning of the shoulders can make your scapula, or shoulder blade, much more vulnerable to pain and rotator cuff injuries. When left untreated, a rotator cuff tear can cause severe pain and decrease the ability to use the arm.

Call Achieve Therapy to set up an appointment and help relieve your shoulder pain and heal your rotator cuff injury.

How to know if you've injured your rotator cuff

When you suffer a rotator cuff injury, one or more muscles stop working correctly. Those who experience rotator cuff injuries often report a dull ache deep in their shoulder with a sense of weakness and/or pain reaching to the side and behind their back. One of the most common complaints is disturbed sleep due to pain.

Not everyone with a rotator cuff tear experiences pain or loss of motion and strength. Similarly, not everyone with shoulder pain has a rotator cuff tear!

The most common symptoms of a rotator cuff tear include:

- Shoulder pain on the side or back of the shoulder
- Loss of motion
- Decreased strength and mobility of your shoulder
- Decreased stability when lifting your arms overhead, including a giving way sensation

Our physical therapists can assess your shoulder and help you determine if you need surgery or not. So, if you have shoulder pain, check with your PT to get an idea of how your shoulder is moving and functioning and the steps you can take to resolve your problem.

HOW WE CAN HELP

While rotator cuff injuries sometimes require surgery if they are severe enough, there are several cases where therapy treatments can work just as well (if not better) than surgery.

When surgery is needed, physical therapy plays a significant role in recovery. Patients who undergo physical therapy within the first three months of surgery have substantial improvements in pain and function compared to patients who did not get physical therapy.

Often nontraumatic rotator cuff tears respond very well to therapy alone, but when surgery is required, a therapist will monitor and guide the patient's progress based on the surgeon's recommendations.

Regardless of the type of injury, the beginning of physical therapy will involve gaining motion in the shoulder through progressive range of motion exercises. In addition, our therapists will use different treatments to help manage pain, including strategies for the safe performance of daily activities and sleeping positions to ease pain at night.

As your condition improves, strengthening can begin. Typically your therapist will progress you through isometric exercises, progressive resistive exercises, and eventually dynamic, activity/sports specific strengthening exercises. The goal is to ensure your shoulder can handle the stresses of your hobbies, sports, and work.

What to expect in physical therapy

Your initial appointment will consist of an evaluation to determine what course of treatment will be best for your needs. If surgery is needed, your therapist can help you prepare for your surgery and help you after to ensure you get the results you are looking for.

Your physical therapist will provide a treatment plan for you that will assist in restoring your range of motion, rotator cuff strengthening, shoulder blade stability exercises, and overall function of the affected shoulder.

At first, your treatment plan will consist of passive physical therapy, primarily focused on pain relief, swelling control, and restoring basic mobility. This may include manual therapy, gentle therapeutic exercises, or any other combination of treatment services that your physical therapist deems for your treatment plan.

When you visit a physical therapist to treat your rotator cuff tear, you can expect to engage in active exercises that are proven to be the best course of care for a rotator cuff injury.

Call today to schedule an appointment

At Achieve Therapy, we use specialized techniques to help improve the way your shoulder moves and functions. Our dedicated therapists will provide you with some much-needed relief and get you started on your path toward recovery! If you are suffering from a rotator cuff injury, contact us today!



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

Patient Success



"5 years after injuring my shoulder I finally had surgery. Going to Achieve and having Tom and Kindra as my therapists was amazing. I was out fishing by the 3rd month and recovered quickly. It was the best experience at therapy I have ever had. Would recommend to everyone!" – N.B.

Staff Birthdays & Work Anniversaries

July Celebrations for Our Staff

Staff Birthdays

Nick Hovde | July 7th

Leah Puetz | July 8th

Shayna Langland | July 9th

Work Anniversaries

Paul Funk | July 28th 2021

Joann Bjorkstrand | July 30th 2018

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



EXERCISE ESSENTIALS

SHOULDER ROTATIONS

Try this exercise to improve shoulder ROM.

Start by standing up straight with your arms by your sides. Raise both arms up so your elbows and armpits are at 90-degree angles with your forearms aiming straight up to the sides of your head. Your upper arms should be parallel with the floor and perpendicular to your body. Rotate your forearms down toward the floor, keeping your elbows where they are. Your palms should be facing behind you at the bottom. Rotate back up. 3 sets, 10 reps, hold.



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

HEALTHY RECIPE

FROZEN BANANA POPS



Ingredients

- 4 bananas, peeled and cut into thirds
- 6 oz dark chocolate, chopped
- 3 tbsp toasted pecans, finely chopped
- 12 wooden popsicle sticks

Directions

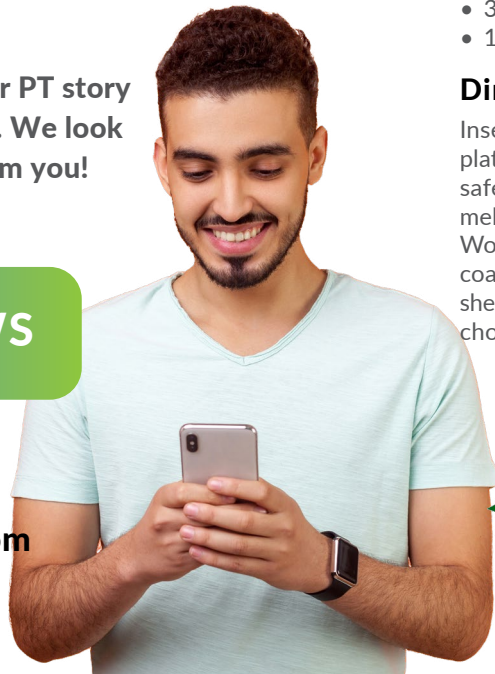
Insert 1 stick into each piece of banana. Arrange bananas on a plate or flat pan and freeze at least 3 hours. In a small microwave-safe bowl, microwave the chocolate in 30-sec. intervals, until melted and smooth, stirring in between intervals. Let cool slightly. Working with 1 banana at a time, dip into melted chocolate to coat, then immediately sprinkle with toasted pecans. Place on a sheet of parchment paper until set. Repeat with remaining bananas, chocolate, and toppings. Return to freezer until ready to eat.

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



JULY

CLINIC NEWS

JULY FITNESS MEMBER OF THE MONTH

Meet Dave Loer our July Fitness Member of the Month!

Dave's favorite thing about Achieve Fitness is the friendly and caring staff. He enjoys spending time exercising in the fitness center and appreciates the clean environment.



STAFF SPOTLIGHT

Say Hello to Tracy!

Tracy has been with our Columbia Road location for the last four years. Tracy seems to have a connection with everyone that walks through the door. In her free time, she loves to ride (passenger) motorcycle with her husband, Tony. She also enjoys walks with her dog Gibbs, long bike rides, and spending time with her family and friends.



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