



NEWSLETTER

SE HABLA ESPAÑOL



SPIKE THE BALL PAIN-FREE

TIPS TO HELP ALLEVIATE &
PREVENT SHOULDER PAIN

INSIDE

- PATIENT SUCCESS STORY
- FALL SPORTS SAFETY TIPS FOR KIDS
- SONIA'S CORNER

Optimum Physiotherapies.com

OUR PHYSICAL THERAPISTS CAN HELP IDENTIFY THE CAUSE OF YOUR SHOULDER PAIN AND THE STEPS NEEDED TO RESOLVE IT!



RAISE YOUR HAND PAIN-FREE

TIPS TO HELP ALLEVIATE AND PREVENT SHOULDER PAIN

INSIDE:

- 4 Fall Sports Safety Tips For Kids
- Patient Success Story
- Sonia's Corner
- Exercise Essentials

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 Optimum Physio Therapies, 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!

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 Optimum Physio Therapies, our physical therapist can help identify the cause of your shoulder pain and the steps needed to resolve it.

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

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

DAILY EXERCISES THAT CAN HELP THE SHOULDERS

Our team at Optimum Physio Therapies physical therapy clinic will identify the underlying causes of your shoulder pain and

(Continued on the next page.)

Want to become healthier and stronger? We can help! Contact Optimum Physio Therapies today!

Get Moving Today with Optimum Physio Therapies!

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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 TODAY!

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

Don't let any long-term problems linger. Get professional help at Optimum Physio Therapies by scheduling an appointment today!

(210)-985-9498

WORKSHOPS

Optimum Physio Therapies offers **FREE** workshops to help keep you informed and feeling better. Check out our Workshops page at optimumphysiotherapies.com/workshop/ or just scan the QR code for more information on upcoming workshops.



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PATIENT SUCCESS STORY!



"I came to Optimum for a shoulder issue and I have been absolutely delighted with the results. A winging shoulder blade I thought would be with me for the rest of my life is much, much better. AND I had not realized how much neck mobility I had lost over the years but am so happy at the flexibility I've gotten back! Optimum is absolutely the best!" — S Gubbay

4 FALL SPORTS SAFETY TIPS FOR KIDS

As a parent, it's normal to be worried about falls and other accidents. Kids are clumsy, rambunctious, and almost always on the move! It's hard not to worry about them getting injured, especially when they play a sport.

With fall sports starting up again, we want to assist you in preventing sports injuries from placing your child on the sidelines. So we've put together a list of preventative measures for keeping your child healthy and active this season!

1 Monitor their diet and nutrition.

Encourage your child to consume a nutritious diet made up of organic, healthy ingredients. Make sure your little one stays hydrated with plenty of water. It's also a good idea to ensure they maintain a steady electrolyte balance.

2 Teach your child to speak up about any pain.

Children may "play through the pain" or not acknowledge common injury signs. These actions may place them at risk of making a relatively mild condition more serious. Recognizing a possible sprain or

stress fracture is key to getting immediate care and resolution so that they may go back to play. Teaching your child to address pain and dysfunction early is very important for their overall health.

3 Encourage them to take proper warm-ups and cool-downs. Children are excited to get into the game and tend to be in a rush to get into practices — and just as anxious to get out of them when they're finished. However, participating in athletics without first warming up may lead to preventable injuries. A cardiovascular warm-up such as jogging with some gentle stretching may be all that is needed to avoid these issues. After the exercise, a cool down and stretch routine also helps the tissues recover from their workout.

4 Promote safe play. Even the most physically fit children will get into trouble if they disregard safe play guidelines. Appropriate use of helmets and other protective gear is key — so be sure it fits your child well and is worn correctly.

SONIA'S CORNER



Courtesy of Sonia



BBQ CHICKEN TORTILLA PINWHEELS

INGREDIENTS

- 8 oz cream cheese, softened
- 1 c (4 oz) grated mozzarella cheese
- 1/2 c barbecue sauce
- 2 c diced chicken
- 8 ounces bacon, cooked & diced
- 1/2 c packed chopped fresh cilantro leaves
- 1/2 c finely chopped red onion, optional
- 1 tsp garlic salt
- Freshly ground black pepper
- 4 10-in flour tortillas

DIRECTIONS: In a large bowl, combine cream cheese, mozzarella, barbecue sauce, diced chicken, bacon, cilantro, onion (if using), garlic salt, and pepper until well-blended. Smooth the top of the cream cheese mixture in the bowl and use a butter knife to mark an "X" over the surface, thereby dividing it into equal fourths. Scoop 1/4 of the mixture out of the bowl and spread it over the entire surface of a tortilla. Roll up tightly. Repeat with the other three tortillas. Wrap each roll in plastic wrap and refrigerate until firm, at least 1 hour up to overnight. Use a sharp knife to cut rolls into 1/2-inch slices and serve.

<https://www.livehealthathome.com/recipes/bbq-chicken-tortilla-pinwheels-recipe/>

EXERCISE ESSENTIALS

ISOMETRIC SHOULDER ABDUCTION STRAIGHT

Start by standing sideways next to a wall. Hold your arm by your side and bring your hand to the wall, keeping your arm straight. Press your hand into the wall sideways, only pushing by attempting to move at your shoulder. Hold for 5 seconds. Do 3 sets of 5 reps.

This exercise helps strengthen your shoulder.



IS IT YOUR BIRTHDAY MONTH?

If so, don't forget to come in for your **FREE LASER THERAPY SESSION** any time during your birthday month!



THE OPTIMUM PHYSIO FAMILY IS GROWING!

Do you know someone who would be a good addition to our staff? **SEND THEM OUR WAY!**