

# SHOULDER, ELBOW AND WRIST PAIN?

*Physical therapy can help relieve your pain!*

## INSIDE

- HAPPY MOTHER'S DAY
- PATIENT SUCCESS STORY
- SONIA'S CORNER

[OptimumPhysiotherapies.com](http://OptimumPhysiotherapies.com)

SCHEDULE AN APPOINTMENT TO  
FIND OUT HOW PHYSICAL THERAPY  
CAN HELP YOU BECOME HEALTHIER,  
STRONGER AND MORE ACTIVE!

## SHOULDER, ELBOW AND WRIST PAIN? PHYSICAL THERAPY CAN HELP RELIEVE YOUR PAIN!

### INSIDE:

- Exercise Essentials: Cross Arm Stretch
- Sonia's Corner

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**Are you experiencing pain and weakness in your arm? Is it difficult to lift and hold things you use in your daily routine? You could be suffering from tendon dysfunction or even arthritis in your joints.**

Whether your pain results from an injury or repetitive stress, it's often the result of underlying trauma or inflammation of the tendons, cartilage, or nerves in the arm. Your pain can be so severe that doing normal activities of daily living seems impossible. While the pain may feel serious, it's entirely curable.

Call our clinic today to make an appointment. With guidance from your physical therapist, you can find solutions to your pain and get back to living the life you enjoy!

### WHAT IS CAUSING THE PAIN?

Limited shoulder movement due to pain, stiffness, or weakness can affect a person's ability to carry out daily activities (eating, dressing, personal hygiene) and work responsibilities. Factors such as heavy lifting, repetitive movements (especially in awkward positions), and vibrations influence the severity of symptoms and disability. The most common causes of shoulder pain and disability are:

- Rotator cuff disorders
- Referred neck pain
- Joint disorders
- Bursitis and tendinitis
- Arthritis and bone spurs

Overuse injuries often cause elbow pain. Many sports, hobbies, and jobs require repetitive movements leading to overuse. The leading causes of elbow pain and dysfunction are:

- Tennis and Golfer's elbow (i.e., tendinitis)
- Arthritis
- Ligament sprains
- Broken and/or dislocated elbow

Wrist pain is most common in groups participating in physically demanding activities like manual laborers and jobs that require computer use or repetitive movements. The leading causes of wrist pain are:

- Carpal tunnel syndrome
- Arthritis
- Wrist tendonitis
- Repetitive motion syndrome

Shoulder, elbow, and wrist pain are often the result of workplace injury and repetitive stress injuries. While it is sometimes possible to take action to prevent an injury from developing, it is crucial to be able to recognize when an injury develops and to get help.

Find your physical therapist so they can identify what may have caused the pain to start and what you can do to resolve it.

### WHAT DO MY SYMPTOMS MEAN?

Aching or stiffness around the front or the side of the shoulder is often due to a tendon/rotator cuff injury. In comparison, pain in the back of the shoulder is likely coming from the joint

*Continued inside.*



**CALL 210-985-9498 TODAY!**

**Get Moving Today with Optimum Physio Therapies!**

***OptimumPhysiotherapies.com***

# SOLUTIONS FOR SHOULDER, ELBOW AND WRIST PAIN

## PHYSICAL THERAPY CAN HELP RELIEVE YOUR PAIN

*Continued from the previous page.*

itself. Although some think the top part or shoulder blade is the “shoulder,” they refer to muscles and/or the neck and not the shoulder itself.

Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

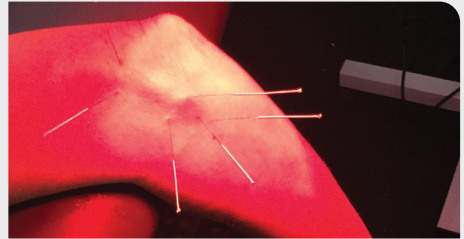
The inner and outer aspect of the elbow is commonly thought to be where most people experience tendon or ligament injuries. Typically, the pain will be sharp at the junction of the tendon and bone but may also move toward the forearm when the injury is tendon-related or caused by inflammation.

A decreased range of motion is often associated with arthritis. Still, weakness or clumsiness when gripping or holding onto things can be signs of deeper problems. It may indicate a more severe condition: the more dysfunction and disability, the more your conditions warrant seeking help sooner than later.

Ignoring your pain or waiting too long to be seen can make the problem worse and eliminate simple solutions.

### **PHYSICAL THERAPY FOR SHOULDER, ELBOW AND WRIST PAIN**

Physical therapy treatments for shoulder, elbow, and wrist pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like KT taping and joint splinting. These have all been proven to help alleviate pain and restore function.



Physical therapists assess your particular condition to identify the contributing factors and address all of them. Your therapist is skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function. Interventions such as education, manual therapy, therapeutic exercise, nerve and tendon glide techniques are widely used for effective results!

**Addressing the pain early on is the best way to prevent an issue from becoming more debilitating. Physical therapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and helping you mobilize and strengthen the surrounding muscles to alleviate the pain associated with your injury.**

**Contact your physical therapist today for support with learning how to manage the pain and learn exercises and techniques that can help you overcome the injury and restore proper strength and functionality to your shoulders, elbows, and wrists.**

## WORKSHOPS

Optimum Physio Therapies offers **FREE** work-shops to help keep you informed and feeling better. Check out our **Workshops** page at [optimumphysiotherapies.com/workshop/](http://optimumphysiotherapies.com/workshop/) or just scan the QR code to register or for more information on upcoming workshops.



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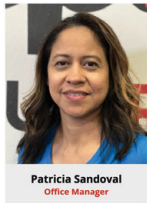
## CLIMBING INJURY PREVENTION WORKSHOP

**TUESDAY, MAY 30TH**  
**AT 7:30 PM**

**CALL 210-985-9498**  
**OR SCAN THE QR CODE**

The workshop is **FREE** but space is limited.

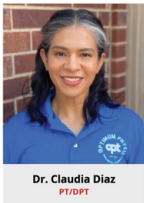




Patricia Sandoval  
Office Manager



Sonia De Anda  
OWNER, ADMINISTRATOR



Dr. Claudia Diaz  
PT/DPT

*Optimum Physio Therapies is proud to celebrate the wonderful moms in our clinic as well as mothers everywhere.*



### We want to hear your PT success story!

Scan the QR code to visit our review page and share your story.

You could be someone's inspiration to get the help they need.

## PATIENT SUCCESS STORY!



“Best physical therapy place I've ever been to.”

“Super open and great environment! Dr. Matt was very knowledgeable and very nice. Everybody is awesome and so helpful! I came here twice, for a broken wrist and a bad back and both times my pain went away quickly. I was told I may not be able to play piano again after my wrist injury, but after a few months I am back playing, and no more steroid injections!!! Best physical therapy place I've ever been to.”

— Giovanna

## 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!

## SONIA'S CORNER SPINACH PASTA

### INGREDIENTS

- 16oz. whole wheat or brown rice noodles, or 1 cup quinoa
- 1 handful of fresh baby spinach
- 1 cup basil leaves, tightly packed
- 3 cloves garlic, minced
- 1 Tbsp. grapeseed oil
- 1/3 cup almond milk
- 1/2 cup mozzarella cheese, shredded (optional - not vegan)
- Dash pink himalayan sea salt and pepper to taste



Courtesy of Sonia



**DIRECTIONS:** Cook pasta (or quinoa) according to directions. Chop spinach and basil in blender or food processor. If you don't have a chopping appliance just shred by hand. In a large saucepan, sauté garlic in grapeseed oil. Add milk and spinach to mixture to saucepan. bring to a boil, then reduce heat to a simmer. Stir occasionally until sauce slightly thickens and remove from heat. Drain water and add noodles to spinach mixture in saucepan. Add cheese, sea salt and pepper. Serve immediately.



## THE OPTIMUM PHYSIO FAMILY IS GROWING!

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

**210-985-9498**

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