

Choice Therapy

Physical • Occupational • Speech

YOUR HEALTH
NEWSLETTER

ASK THE EXPERTS: *Shoulder Pain*

PATIENT & STAFF SAFETY AND HEALTH ARE PRIORITY #1



ALSO INSIDE

- Are you ready to give chronic pain the cold shoulder?
- How occupational therapy can help

Understanding The Source of Your Shoulder, Elbow, or Wrist Pain

ARE YOU READY TO GIVE CHRONIC PAIN THE COLD SHOULDER?

It's time to say goodbye to shoulder, elbow, and wrist pain once and for all. Identifying the cause of your pain and taking steps to combat ill habits that may be contributing to your discomfort can have a significant impact on your quality of life.

Wave goodbye to pain in your hands, shoulders, elbows, and wrists with targeted techniques from your experienced physical and occupational therapists at Choice Therapy.

WHAT IS CAUSING YOUR PAIN?

To treat pain, we need to know the root source of it. Think about the tasks that make up the majority of your day-to-day life. Rather than spending all of your days working in a factory or on a farm, the vast majority of Americans work indoors, often at a computer for 40 or more hours a day, week after week. This sedentary lifestyle is anything but helpful to our bodies.

Sitting constantly contributes to weight gain, which increases your risk for a long list of obesity-related diseases. This puts additional stress on your body, which could result in pain in crucial joints like your shoulders, elbows, and yes, even your wrists!

But even aside from that, there are a lot of potential issues that your body can face as a result of sedentary behavior in the workplace — including shoulder, elbow, and wrist pain.

Shoulder, elbow, and wrist injuries are especially common as a result of workplace injury and overuse. While it is sometimes possible to take action to prevent an injury from developing, it is especially important to be able to recognize when an injury develops and to understand ways that you can combat that injury by identifying what may have caused the pain to develop in the first place.

COMMON ISSUES THAT CAN LEAD TO SHOULDER, ELBOW, AND WRIST PAIN INCLUDE:

- Poor posture
- Carpal tunnel syndrome, which can develop from overuse of the wrist and regular, repetitive motions, such as typing
- Heavy lifting
- Athletic injuries
- Muscle sprain
- Muscle strain
- Dislocation or hyperextension of the joints



GETTING YOUR SHOULDER, ELBOW, OR WRIST PAIN UNDER CONTROL

It is impossible to care for your basic needs without involving your shoulder or wrist, let alone get through a day at the office. One of the biggest concerns regarding pain in the shoulder, elbow, and wrist is that it is difficult to allow these parts of the body time to rest. Every movement and action we perform requires these body parts, so when the pain develops in both arms (as it often does) treating the pain becomes even more complicated.

This is why so many issues regarding pain in the shoulder, elbows, and wrists typically become chronic. Since it is difficult to allow these body parts time to properly rest, they continue being overused and the pain can worsen.

HOW PHYSICAL THERAPY CAN HELP

Addressing the pain early on is the best way to prevent an issue from becoming chronic. Turning to medication and braces for pain management is not a long-term solution and will only push off the inevitable truth — that you need to find a solution for the problem that is causing you pain in your shoulders, elbows, or wrists.

Working with a physical or occupational therapist will provide you with an opportunity to understand what movements may be causing further discomfort, and can help you to strengthen the surrounding muscles while improving range of motion, which together will likely alleviate some of the pain associated with your injury. A few conditions related to these parts of your body that therapy can help with are as follows:

- Arthritis
- Bursitis
- Tendinitis
- Sports injuries
- Workplace injuries
- Sprains
- Strains
- Muscle tears

Choice Therapy

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BEMIDJI

3835 Supreme Court NW

Bemidji, MN 56601

P: (218) 444-8280



Thank You To All Who Attended Bemidji Clinic's Trunk or Treat

Lots of goodies given out to Choice Therapy Pediatric Families!



HOW OCCUPATIONAL THERAPY CAN HELP

Occupational therapy is a safe, effective, and non-invasive treatment option that is designed to relieve pain resulting from a wide range of musculoskeletal conditions, sports injuries, workplace injuries, and more.

Patients typically see an occupational therapist to help manage chronic pain symptoms and prevent future injury, and regular appointments with an occupational therapist are ideal for people of all ages. A few shoulder related pain conditions that an occupational therapist can help with are:

- Nerve impingements
- Shoulder sprains
- Tendonitis
- Tendon tears
- Bursitis
- Frozen shoulder
- Shoulder Repairs

An occupational therapist's goal is to show you new ways to do things that your pain has kept you from doing. Say you develop a muscle strain from hunching over your



computer all day. This could make it hard for you to continue working normally without pain.

Occupational therapists can teach you how to sit properly, position your shoulders as you type, and perform stretches throughout the day that will keep your shoulders relaxed while you work. They can also educate you on how to adjust your work environment (desk,

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BLACKDUCK

KELLIHER

Located in the old telephone company building
50 Margaret Ave
Blackduck, MN 56630
P: (218) 835-3425

Located in the old school
243 Clark Ave N
Kelliher, MN 56650
P: (218) 647-9569



We Can Help You With Speech Therapy

Speech Therapy is Offered at
Bagley, Blackduck, Bemidji, Kelliher

For both children and adults.

There are many things that could cause a child to have difficulty with speech, swallowing, aversions to food or cognitive issues. Our therapists are here to help with any of these issues.

Adult speech difficulties are common and come in many forms including stuttering, dysarthria (a problem with motor control of speech), voice problems, and articulation difficulties. This can cause a person to not want to communicate and even become withdrawn emotionally. In addition, problems with swallowing and drinking can be a serious health problem. However, speech therapy can help many adults improve their speech, swallowing and communication skills. This allows the individual to want to communicate, eat better, boost their morale and their purpose to their life.

chairs) to reduce stress on the injured shoulder, lowering the risk of sustaining another injury.

We would like to welcome our newest occupational therapist at our Bagley location, **Lydia Swanson!** Lydia is a "home town gal" and an OTR/L who is trained in relieving shoulder pain. Lydia graduated from Bagley High School and went on to enlist in the North Dakota Air National Guard. She continued her education at the University of North Dakota, earning a Master's degree in occupational therapy in 2020. Lydia, we're so excited to have



**Marlee Westrum,
OTR/L, MOT
Bemidji**

you and we know you're going to help our team give our patients an even higher level of attention and care!

You may already know **Marlee Westrum, OTR/L, MOT** at our Bemidji location. Marlee's provided more than 5 years of service and excellence at Choice Therapy. Marlee was born and raised in Crookston, MN. She went on to play women's hockey at Bemidji State University and graduated in 2012 with her Bachelors degree. She pursued a Masters of Occupational Therapy degree from the University

of North Dakota, graduating in 2015. Marlee enjoys working in the outpatient setting with a variety of populations and with recovering athletes. In her free time she loves spending time with family and friends. She enjoys traveling, fishing, doing yard work, and being with her husband, son, and dog.

Another big welcome goes out to our newest physical therapist in the Blackduck clinic, **Kaci Hemmesch, DPT.** Kaci was born and raised on a farm in Richmond, Minnesota. She attended the University of North Dakota to obtain her bachelor's degree and continued her studies at UND to complete her Doctorate of Physical Therapy in 2020. She really enjoys working with the rural outpatient setting because it gives



Thank You To All Who Attended the Bagley Clinic's Halloween Treat Street!

Curbside Goody Bags and Fun for the community!

Choice Therapy

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BAGLEY

Located on HWY 2
118 Central St. W,
Bagley, MN
P: (218) 694-3030

GONVICK

226 Elm St.
Gonvick, MN
P: (218) 694-3030



Congratulations

The Walton Family are the lucky Winners of the Bagley Clinic's Halloween Treat Street StayCation, valued at \$318.



her the ability to treat a variety of populations. In her free time, she enjoys going to the gym and being active; rollerblading, reading, spending time with family and friends, trying new things and meeting new people.

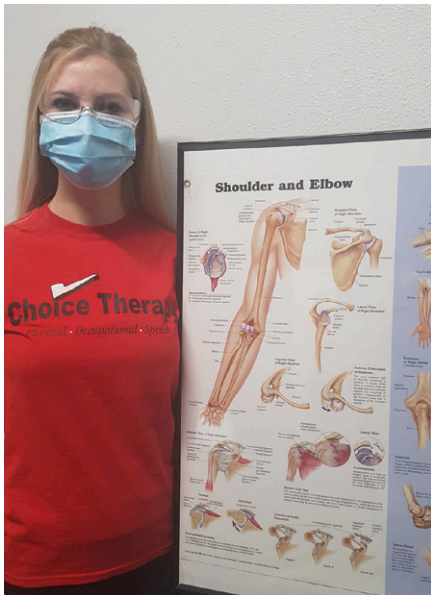


GET ON THE ROAD TO RECOVERY TODAY WITH CHOICE THERAPY'S HELP

Don't assume that pain in your shoulder, elbows, or wrists will go away on its own. It is more common for the pain to worsen, and compensating for the pain by overusing the opposite arm can cause further injury to develop.

For support with learning how to manage the pain, and to learn exercises and techniques that can help you overcome the injury and restore proper strength and functionality to your shoulders, elbows, and wrists, contact Choice Therapy to meet with one of our occupational or physical therapists.

Sources: <https://www.aota.org/Conference-Events/OTMonth/what-is-OT.aspx>



OVER 98% PATIENT SATISFACTION

Here's what our patients are saying:

BEMIDJI

- My therapist was outstanding and so was the rest of the staff. Would recommend to anyone needing therapy
- Thank you, I feel better and now I have the tools I need
- Top notch with excellent service overall

BAGLEY/GONVICK

- Very courteous and professional
- Love the staff and the work they do. The receptionist always greeted me politely and promptly when I entered the building, even if she was on the phone, she would wave hello. The therapists did an excellent job. I would, without hesitation, recommend Bagley Choice Therapy to anyone who is in need
- So knowledgeable and encouraging

BLACKDUCK/KELLIHER

- I really like Choice Therapy Blackduck and they really helped me.
- Excellent therapists



THERAPY IN THE COMFORT OF YOUR HOME

TELEHEALTH

Choice Therapy is offering Telehealth/Virtual Visits for patients seeking physical, occupational, and speech therapy for all ages. We continue to meet and exceed CDC guidelines in our clinic to keep everyone health and safety a priority. Gear up for a New Year and a new you by considering Telehealth/Virtual Visits as a great alternative.

We're here to help you!

CALL TODAY TO SCHEDULE YOUR APPOINTMENT!

800-395-2810

www.choicetherapy1.com



Your Life · Your Health · Your **CHOICE!**