

ASK THE EXPERTS:

Shoulder Pain



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 in Crookston.

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.

(Continued On Inside)



Are you ready to give chronic pain the cold shoulder?

(Continued From Outside)

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 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
- Tendonitis
- Sports injuries
- Workplace injuries
- Sprains
- Strains
- Muscle tears

Shoulder Pain:

Q: What is the most common shoulder injury?

A: Sprains and strains are among the most commonly experienced overuse injuries in the shoulder area. A strain occurs when a muscle or tendon is stretched too far or torn. A sprain occurs when a ligament is stretched too far or torn. Strains and sprains can result in an ongoing shoulder pain that may make it difficult to partake in exercise or even daily tasks. If the strain or sprain is minor, it can sometimes be iced at home and healed with rest. More severe strains and sprains will often require occupational therapy treatments. Additional shoulder injuries include a torn cartilage, dislocation, tendinitis, frozen shoulder, and arthritis.

Q: How do you know if my shoulder injury is serious?

A: Your shoulders can accomplish several physical feats due to their structure - however,

this also means that they are susceptible to an increased risk of injury because of their complexity. If something becomes damaged in the make-up of the shoulders, pain and discomfort can develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition. If you are experiencing severe pain, or pain lasting three months or longer, it could be indicative of a deeper issue.

Q: How do I get my shoulder to stop hurting?

A: If your shoulder is causing you discomfort, physical or occupational therapy is the best way to ensure the highest rate of relief. Our therapists are highly trained to help improve the flexibility and range of motion in your shoulder, in addition to relieving your pain and discomfort. This will be done through an individualized treatment plan designed specifically for you, and may include any combination of treatment methods as your physical therapist deems

fit, including manual therapy, ice and heat therapies, electrical nerve stimulation, or ultrasound. Your therapist will also prescribe targeted exercises and stretches to help regain your optimal shoulder function.

Q: How can physical or occupational therapy help with shoulder pain?

A: Two of the biggest goals of physical and occupational therapy are 1) to alleviate your pain and 2) to improve your function. Your therapist will work with you to make sure that both of these are achieved throughout your therapy sessions. Physical and Occupational therapy has been proven to manage the pain of several conditions, and in many cases, it has even been proven to eliminate shoulder pain altogether, thus making the need for harmful drugs or surgical intervention obsolete.



HOW PHYSICAL & OCCUPATIONAL THERAPY CAN HELP



Physical and Occupational Therapy in Crookston 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, chairs) to reduce stress on the injured shoulder, lowering the risk of sustaining another injury.

Choice Therapy
Physical • Occupational • Speech

Practice News

Congratulations to Catherine!

Catherine was selected as our Athlete of the Month. She's been described as kind, passionate, and hard working. Making for an easy selection for a great person.

If you'd like to nominate a senior in Crookston and surrounding areas just send an email to crookston@choicetherapy1.com.

Each winner gets a T-Shirt, Plaque, \$20 gift card to Scheels AND a chance to be qualified for our MaryAnn Simmons Scholarship!



1st Annual Fall Classic

A BIG thank you to all of our 1st Annual Fall Classic 5K participants. Together over \$500 was raised and donated back to a family in the Crookston Community.



In Honor of Veteran's Day

In honor of Veteran's day we were able to make a donation for \$300 to the Disabled American Veterans chapter in honor of James "Bunny" Broekemeier who recently passed away and was a lifetime member of the DAV and long time Crookston resident. He was a decorated veteran who devoted his time serving his country until his passing. Bunny was a huge supporter of Choice Therapy Crookston and made a big impact in allowing it to open its doors. Thank you to all who helped make this donation possible! As always thank you Veterans!

