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- WHAT IS CAUSING THE PAIN?
- PATIENT TESTIMONIAL • SEASONAL RECIPE



FROM ACHE TO EASE!

YOUR GUIDE TO UPPER LIMB RELIEF



FROM ACHE TO EASE!

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

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)
- Ligament sprains
- Arthritis
- 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 tendinitis
- 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 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.

Continued inside.

Are you trying to ease your pain? Call us today!

WWW.PROTAILORED.COM

UNLOCK THE COMFORT YOU NEED

Continued from outside.

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!

CONTACT OUR CLINIC TODAY

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.

**CALL US TODAY TO SET UP
AN APPOINTMENT!**

1 (260) 235-5967



Seasonal Recipe

CHOCOLATE HAZELNUT BISCOTTI

INGREDIENTS:

- 1 1/3 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1/2 cup butter, softened
- 1/2 cup chocolate hazelnut spread

- (recommended: Nutella)
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- 3/4 cup chopped toasted hazelnuts

INSTRUCTIONS:

Preheat the oven to 375 degrees F. In a medium bowl combine the flour, baking powder, baking soda, and salt. Set aside. In another medium bowl combine the butter, chocolate hazelnut spread, sugar, and brown sugar. Using an electric mixer, cream the ingredients together, about 4 minutes. Add the egg and vanilla and beat until smooth, about 1 minute. Using a wooden spoon or rubber spatula, stir in the flour mixture until just combined. Add the hazelnuts and stir until just combined. Using a tablespoon measure, spoon out the cookie dough onto a cookie sheet, spacing the mounds about 4 inches apart. Use the tines of a fork to flatten the cookie dough. Bake until lightly golden around the edges, about 10 to 12 minutes. Use a metal spatula to transfer the cookies to a wire rack and let cool.

SHARE THE BENEFITS OF PROTAILORED PHYSICAL THERAPY

Has ProTailored Physical Therapy helped you live a better life? Let others know how much we can help them too! Scan the QR code on your smart phone camera to quickly access our Google Review page!



AT-HOME EXERCISE

STAFF Q&A



SHOULDER ROTATIONS

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.



KATLIN COUCHMAN, CLINIC DIRECTOR OCCUPATIONAL THERAPIST

1. What are your hobbies?

I love checking out little coffee shops/cafes and getting the kiddos out (walks and playgrounds).

2. What was your first job?

My first official job was a lifeguard but I babysat loads before that!

3. If you had a warning label, what would it say?

Comes with a hot beverage in hand.

4. Any favorite local spots?

Some of my favorite local spots are Dave's Bagels, Conjure Coffee, Nawa, Hideout 125, and Bahn Mi Pho Shop (is that too many? lol).

5. Do you have a secret talent?

I can open doors with my feet (a talent I've discovered since having 2 kids).

PATIENT SUCCESS STORIES

"The staff is very friendly, and they make you feel welcome."

"I'm from Rochester and compared to their therapy this therapy is amazing. You've got to come to ProTailored Therapy people, you don't know what you're missing with Zack. They do pressure points to where it feels great, they massage you to where is needed. Zach is really awesome and good with his hands. He has a lot of compassion for his patients and he enjoys what he does. That makes a huge difference to me especially when you see them 2x a week. Don't waste your money going anywhere else, cause in my opinion they're the best I've ever been to! The staff is very friendly, and they make you feel welcome. If you're not sure who to go to, give them a try at least once.

-D.W.



COME BACK TO PT!



CALL TODAY

1 (260) 235-5967

