

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Innovative Newsletter

UNFREEZE YOUR FROZEN SHOULDER WITH PT!

It's not uncommon for our clinic to see patients struggling with chronic shoulder pain. Often, we find that these patients are having to sacrifice their quality of life and have finally gotten fed up. There are many different factors that attribute to chronic shoulder pain, including a common condition known as frozen shoulder.

(continued inside)



Dr. Cheryl Howard
PT, DPT, Cert. MDT
Owner

**FREE 15 MINUTE CONSULT
FOR YOU OR FOR A FRIEND!**

(DETAILS INSIDE)

www.innovativeptsolutions.com

Innovative Newsletter

INSIDE:

PT for Your
Frozen
Shoulder

Exercise
To Help
With Pain

Deep Tissue
Laser
Therapy

Quote of The Month:

*"It is never too
late to be what
you might
have been."*

- George Eliot

**CALL
TODAY!**

UNFREEZE YOUR FROZEN SHOULDER WITH PT!



(continued from outside)

Dealing with shoulder pain can make completing daily tasks nearly impossible without treatment. Physical therapy can help relieve (or even eliminate) your problem! If you're experiencing shoulder pain, contact our office today.

Our physical therapists will be able to do a full assessment, figure out if the source of your pain is frozen shoulder, and help you get on the road to recovery.

What Is Frozen Shoulder?

Frozen shoulder, or "adhesive capsulitis" is a condition caused by inactivity that occurs after injury or alongside another shoulder problem. When scar tissue forms after a period of physical inactivity, the shoulder can become stiff or inflamed. Most people struggling with frozen shoulders complain of pain, discomfort when moving or using the affected joint, or even a total loss of movement in that shoulder.

Exactly what causes frozen shoulder remains somewhat of a mystery condition to many doctors and physical therapists, but a few possible causes are as follows:

- Results from a surgery or injury.
- Underlying conditions such as bursitis, tendonitis, arthritis, a rotator cuff tear, or any other condition causing a person to cease shoulder movement
- Immobilization of the arm, such as in a sling, after surgery or fracture

Overall, having a limited range of motion can cause you to develop a frozen shoulder. Frozen shoulders can also be the result of remaining bedridden, unable to get up and move around for a long time.

Most physical therapists recommend that patients with frozen shoulders rest often in between physical therapy appointments to avoid developing scar tissue in the shoulder. On the chance that scar tissue does develop, the muscles surrounding the shoulder may eventually freeze up as well.

How Is Frozen Shoulder Diagnosed?

There are four stages in the development of frozen shoulders: prefreezing, freezing, frozen, and thawing. It's pretty common for patients to see our physical therapists in the freezing stage after they've already been experiencing pain for a little over half a year, or 9 months. At this point they're already in a lot of pain and pretty used to not being able to move their shoulder the way they'd like to!

At your consultation, one of our physical therapists here at Innovative PT Solutions will assess your condition, pinpoint the exact source of your pain, take a look at your medical history, and evaluate your strength and mobility levels.

He or she will also consider any other conditions that could be contributing to your pain, such as diabetes, an autoimmune disorder, or a thyroid disorder. From there a comprehensive treatment plan will be created just for you. It will most likely consist of targeted stretches, exercises, and best practices for you to regain strength and decrease stiffness and pain.

If you've been noticing pain in your shoulder give our office at Innovative PT Solutions a call TODAY!

PT FOR YOUR FROZEN SHOULDER

What Kind of Physical Therapy Treatment Will Help?

Physical therapy for frozen shoulders focuses primarily on pain relief, using modalities, manual therapy, exercises, and at-home treatments. Your physical therapist's ultimate goal is to restore mobility and range of motion to the affected shoulder.

He or she will teach you how to relieve pain with stretching techniques and strengthening exercises, most of which you'll be able to complete at home to speed up the recovery progress.

At the moment there isn't very much we can do to prevent the development of frozen shoulder, however, the sooner you contact our office for an evaluation, the quicker we can address your pain symptoms and create your treatment plan!

Contact Innovative PT Solutions Today!

If you have been experiencing recurrent or chronic shoulder pain, it is important to consult with a physical therapist as soon as possible to find out if your problem is a frozen shoulder. Physical therapy is a safe and natural treatment option that can successfully help patients of all ages recover from their shoulder injuries.

There's no reason you need to risk the harmful effects of over-the-counter medication or spend a ton of money on an expensive surgery to gain relief from shoulder pain. Call Innovative PT Solutions today to learn more about the benefits of physical therapy for shoulder pain, and begin your journey toward living a pain-free life!



Patient Spotlight

"Thank you for sharing ways to stay healthy and tips and tricks on how to keep our body in overall great shape!"

"I follow the Facebook page and love all of the informational posts that are put on often. I also follow the Wellness Wednesday's and we love to follow along with Brittany and Chloe to get a good work out in and stay healthy. Thank you for sharing ways to stay healthy and tips and tricks on how to keep our body in overall great shape!" - **B.D.**

www.innovativeptsolutions.com

Exercise To Help With Pain:

Try this simple exercise to help you feel better...
Share this with a friend or family member to help keep them healthy too!

Exercise copyright of
 SimpleSet Pro
www.simpleset.com

Good stretch to relax your shoulders

SCAPULAR RETRACTION

Stand tall, shoulders relaxed. Pull shoulder blades back and down. Don't hunch your shoulders.

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DID YOU KNOW DEEP TISSUE LASER THERAPY COULD HELP YOU BEAT YOUR PAINS?

No Referral/Prescription Needed - No Insurance Needed
No Expiration On Package Treatments - We Take Cash,
Card, or Health Savings Account

Have you heard of laser therapy? While it may sound daunting, it is actually a great way to help alleviate pain and promote healing.

Laser therapy is a treatment offered at **Innovative Physical Therapy Solutions** for its safe, effective, and non-invasive way to treat pain and aid in the recovery of many conditions.

Laser treatments work by releasing photons into the tissues surrounding the affected area that is being treated. These photons help in relieving pain, energizing cells, and increasing circulation to the injured area.

If you are looking for laser therapy in Watertown, NY, contact **Innovative Physical Therapy Solutions** today! We'll set up a free consult for you and figure out whether or not laser therapy could help in reducing your pain.



Visit our website today and click on "How We Treat" tab to learn more about Deep Tissue Laser Therapy!

www.innovativeptsolutions.com

A Reminder To... **USE IT** OR **LOSE IT**

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered **YES**, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or **COMPLETELY COVERED** by your insurance plan.

Let us help you get a head start going into 2022, before your deductible renews again! **GO ONLINE OR CALL TODAY TO SCHEDULE YOUR APPOINTMENT!**



Innovative PT Coupons

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CALL TO SCHEDULE TODAY!



316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.
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