

GET A GRIP ON YOUR SHOULDER, ELBOW & WRIST PAIN

You try to get through the day, but that nagging pain in your shoulder, elbow or wrist just keeps your attention focused on it. It sure is hard to concentrate on work, your family and other activities you need to do!

(continued inside)



NEWSLETTER



SHOULDER, ELBOW & WRIST PAIN

GET A GRIP ON YOUR PROBLEM

(continued from outside)



It is common to fixate on the body part that hurts. It is often thought that because it hurts there, the problem is right there. However, this is typically not the case, as the cause of the problem is in another area. The body part that is painful is usually the one that is doing all the work because other areas are not doing their job.

Why it hurts

The body is truly amazing and all the parts work together as one whole. However, when an area of your body becomes weak or stiff because of poor posture, stress or injury, other areas strain from the overwork. A common word that is used for this type of repetitive injury strain is called "tendonitis." This is simply an inflammation of the tendons, which attach muscles to bones.

The upper extremity works in 3 parts, the shoulder, elbow, and wrist. They rely on each other to make the incredible movements of your arm so you can reach, grasp and do ordinary daily tasks we take for granted. Proper movement relies on your posture to be in good order. When you slouch or sometimes do a repetitive task, like reaching across your desk, certain muscles can become too tight or strong while others become weak. This muscle imbalance leads to that area not working as well as it should. For example, you sit at a desk all day and you slouch your shoulders. Now, your shoulder doesn't work as well, but you still move your mouse around with your arm, which causes your wrist and forearm muscles to overwork. As this happens over time, you start to notice aches and pains in your wrist and elbow. If this goes on too long, it becomes severe and you need to seek medical help.

Solving the problem

Typically a brace may be put on the area, but that does not solve the cause of the problem. The real reason can be because your shoulder was stiff and weak from slouching. An expert physical therapist has the right medical training to spot where your posture is not optimum and how you are compensating.

With the right evaluation and treatment from the experts at Total Body Therapy & Wellness, you can relieve your shoulder, elbow or wrist pain quickly and be back to doing what you like to do. Our home programs make it easy for you to maintain your gains and stay well for the long haul. Call us today to learn more about how we can relieve your pain and get you back to enjoying your activities.

WHAT IS CAUSING YOUR SHOULDER PAIN?

The majority of pain that travels to your shoulder from your neck is referred pain. Your shoulder may not necessarily be the problem. In fact, the first 10 degrees of movement in your shoulder comes from your shoulder joint. The rest relies on the movement of your upper back, neck, shoulder blade, and collarbone. If these areas work incorrectly then shoulder pain can occur.

Most neck and shoulder pain is a result of prolonged poor posture, lifting heavy objects and minor falls or injuries. These irritate the joints in the neck and upper back. This then makes the muscles around the upper back and shoulder tighten and become sore. Suddenly, you now have neck and shoulder pain.

There are many nerves that come off of the cervical (neck) vertebral bodies that pass down in front of the shoulder heading towards the arm. Irritation of these nerves can refer pain to the shoulder. Poor posture, especially while sitting at work or at home, can cause this to occur. Rotation or tilting of the neck may create your shoulder pain if these nerves are involved. It is important that a physical therapist examine you thoroughly if you are experiencing these symptoms.



If you have had a fall injury and suddenly develop shoulder and neck pain, seek help immediately. Any injury may affect the many sensitive structures in your neck and upper back. Shoulder and neck pain, if they occur together, may relate to disc injuries. This is more likely if you are having neck and arm pain, rather than just shoulder pain. Pain that travels down the arm to any extent may indicate more severe problems.

Shoulder pain can result in restricted movement of your body. Pain involves the nervous system, immune system, digestive system, and respiratory

system. To avoid referred shoulder pain or any kind of referred pain, you should have a strong immune system for prevention of diseases.

A strong body can fight infection or disease and can enhance the functioning of all the body systems. A balanced diet, regular physical therapy exercises and a stress-free mind are the keys to maintaining an active life. If you are experiencing shoulder pain, consult one of our expert physical therapists for a full evaluation to determine where your problem is originating from, so correct treatments can be applied to help you.

This coupon good for



**FREE Physical Therapy
Consultation For You**

Mention or bring in
this coupon for a FREE
Consultation with one of our
physical therapy specialists!



This coupon good for



**FREE Physical Therapy
Consultation For A Friend**

Mention or bring in
this coupon for a FREE
Consultation with one of our
physical therapy specialists!



REFER A FRIEND



**Do You Have Friends Or Family
Unable To Do The Following:**

Who Do You Know That Needs Our Help?

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently & securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

**FREE DEEP TISSUE
LASER CONSULTATION**

with each referral. Call 910-893-2850

Patient Success Spotlight



"Doing the therapy and exercises helped me get to where I could sleep."

"I was trying to pick up a crate at work and heard a pop and felt burning in my left shoulder. This injury made it hard to sleep and do a lot of things at work like raking, laying driveway pipe and stuff like that. Doing the therapy and exercises helped me get to where I could sleep all night and do the things at work that I need to do and things at home too." - Charles Ward

Exercise Essential

Strengthens Hand

PINCH GRIP

Pinch tip of finger and thumb together. Hold for 5 seconds repeat 8 times.



COMPLIMENTARY WORKSHOPS

If you, or a loved one, has pain, join us in a complimentary informative workshop on common causes, treatments, and prevention of your pain. **FREE deep tissue laser coupon to current and previous patients that attend a workshop!**



SATURDAY, NOVEMBER 3RD:
ARTHRITIS PAIN • 10AM
DRY NEEDLING • 1PM

CALL TODAY
910-893-2850



Total Body Therapy & Wellness

**2 The Square at Lillington,
Lillington, NC 27546**

Limited to first 25 to register. Each person to register will get a copy of Sara Morrison's book "Heal Your Body Live Your Life!"



www.tbtonline.com

HONORING ALL WHO SERVED
VETERANS DAY
UNITED STATES OF AMERICA



We want to celebrate Veterans Day by doing something special for our patients. This is a small thing we can do for those who served. We also want to extend this offer to all past patients of Total Body Therapy and Wellness. To honor our veterans and our valued patients, we are having a day of completely Free Exams for:

- All past patients who have not been seen in PT in more than 3 months
- All present patients who have another problem currently not being treated
- All loved ones, family, friends, neighbors and co-workers of our past and present patients

If you are a past or present patient then **call 910-893-2850 to schedule your Free Exam.**

If you are referring a friend or family member, give them the certificate included in this letter and have them call 910-893-2850 to schedule their Free Exam.

The day of Free Exams will be on: Wednesday, November 14th

The Free Exam consists of a 20 minute one-on-one appointment with the Physical Therapist of your choice.

- The PT will talk with you about the history of your problem.
- They will take measurements to test how well you are moving and to test your strength.

After a thorough exam, they will give you a summary of:

- The cause of your pain or problem.
- A plan for successful treatment.



The appointments are free, but are limited.

Call 910-893-2850 now to schedule your Free Exam.

The Free Exam is ideal for people suffering with:

- | | | | |
|-------------------|-------------|-----------------|--------------------|
| • Lower Back Pain | • Sciatica | • Headaches | • Knee Pain |
| • Arthritis | • Neck Pain | • Shoulder Pain | • Problems Walking |

**Call 910-893-2850 to schedule your Free Exam for
Wednesday, November 14th**



**2 The Square at Lillington
Lillington, NC 27546
910-893-2850**

CERTIFICATE FOR A FREE EXAM **ONE DAY ONLY Wednesday, November 14th**

- For all past patients who have not been seen in PT in more than 3 months
- For all present patients who have another problem currently not being treated
- For all loved ones, family, friends, neighbors and co-workers of our past and present patients

OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH

October is fast approaching, and with it comes its share of official "national day" designations, including whimsical days like "National Pumpkin Seed Day." But did you know that the entire month has been dedicated to National Physical Therapy Month? So, as the leaves are turning and you're working on your jack-o-lanterns, take the time to learn more about the many benefits of physical therapy.

Physical therapy tends to be associated with sports injuries, along with chronic problems such as back pain, surgery recovery, and balance issues. Yet, you may not realize the range of problems which physical therapy can help – both for pain management and to help ease other symptoms. Does an official month really matter, given that physical therapists are out there making a difference every day? If you have any questions about whether you should seek physical therapy, call our office today to discuss your condition and to set up an evaluation.



**NATIONAL
PHYSICAL
THERAPY
MONTH**
AMERICAN PHYSICAL THERAPY ASSOCIATION
MoveForwardPT.com

The American Physical Therapy Association's #ChoosePT campaign is raising awareness about the dangers of prescription opioids, and encourages consumers and prescribers to choose safer alternatives like physical therapy for most chronic pain management.



Every year millions of Americans use opioids to manage pain. Doctor-prescribed opioids are appropriate in some cases, but they just mask the pain—and reliance on opioids has led to the worst drug crisis in American history.

The Centers for Disease Control and Prevention (CDC), the American College of Physicians, and the National Academies of Sciences, Engineering, and Medicine have issued guidelines and reports urging health care providers to pursue safe nondrug alternatives, including physical therapy, for most non-cancer-related pain treatment.

Physical therapists (PTs) treat pain through movement, hands-on care, and patient education—and by increasing physical activity you can also reduce your risk of other chronic diseases. A recent study published in Health Services Research found that patients who saw a PT before trying other treatments for low back pain were 89% less likely to need an opioid prescription.

If you know someone in pain, encourage them to talk to their physician or PT about safe ways to manage pain.

To read more about National Physical Therapy Month and the #MoveForward campaign, visit at www.apta.org/NPTM. Also visit www.moveforwardpt.com