

Shrug It Off!



**Recover Quickly from a Rotator Cuff
Injury with the Help of Physical Therapy**

ALSO INSIDE: Don't Suffer With Rotator Cuff Pain!
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Shrug it off!

Recover Quickly from a Rotator Cuff Injury with the Help of Physical Therapy

Your rotator cuff is comprised of the muscles and tendons surrounding your shoulder joint. Sometimes, the rotator cuff can become torn or injured, due to repetitive overhead motions performed in sports (such as tennis) or jobs (such as carpentry.) Athletes are also at risk of developing a rotator cuff injury if they participate in rigorous activities, such as weightlifting, swimming, or tennis.

The active movements associated with sports and laborious work are undoubtedly important factors to keep in mind; however, passive movements can also be contributing factors to an injury. Continuous poor posture and improper positioning of the shoulders can make your scapula, or shoulder blade, much more vulnerable to pain and rotator cuff injuries.

Those who experience rotator cuff injuries or “torn shoulders” generally report a dull ache deep in their shoulder, arm weakness, difficulty reaching behind their back, and disturbed sleep due to pain.

At TherapyWorks, our natural and non-invasive methods can help relieve your shoulder pain and heal your rotator cuff injury.

HOW CAN PHYSICAL THERAPY HELP A ROTATOR CUFF INJURY?

While rotator cuff injuries sometimes require surgery if they are severe enough, there are several cases where physical therapy treatments can work just as well (if not better) than surgery.

According to the American Physical Therapy Association, “A recent study from Finland asserts that when it comes to treatment of nontraumatic rotator cuff tears, physical therapy alone produces results equal to those produced by arthroscopic surgery and open surgical repair.” In this same study, a follow-up on 167 patients receiving physical therapy alone for their rotator cuff injuries, demonstrated that conservative treatment, such as physical therapy, should be considered as the primary treatment for this condition.

HOW DO I KNOW IF PHYSICAL THERAPY IS NEEDED?

It is natural to experience an occasional ache or pain from overexertion. However, it is when the pain becomes chronic or unbearable that the condition becomes serious. Chronic pain, or pain persisting for three months or longer, is an indication that PT intervention is needed.



Don't Suffer From Rotator Cuff Pain!

There are some additional symptoms to consider that may also be telling signs that treatment is needed, such as:

- Sharp or stinging pains.
- Uncomfortable “clicking” sounds with movement.
- Dull pain that runs alongside your arm.
- Sudden arm weakness.

If you notice any of these symptoms, it is important to contact a physical therapist for treatment.

HOW CAN I BEGIN TREATMENTS?

At TherapyWorks, we will conduct a physical evaluation and diagnostic tests to determine if you do indeed have a

rotator cuff tear, and we will design a personalized treatment plan based on the needs of your diagnosis. Specialized techniques, such as ice and heat therapies, manual therapies, or ultrasound may be used to relieve pain, reduce swelling, and enhance function. Gentle stretches and exercises may also be prescribed to improve your posture and the range of motion of your shoulder.

If you are suffering from a rotator cuff injury, contact us today. Our dedicated physical therapists will provide you with some much-needed relief and get you started on your path toward recovery!

Stop living in pain! Call us at (785) 749-1300 or visit us at www.therapyworkskansas.com to schedule your appointment today!

Show Us Some Love!



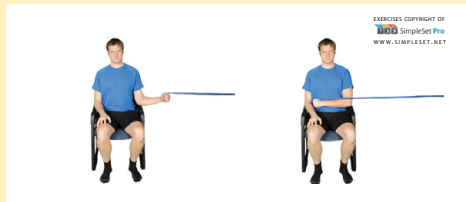
If you've had a great experience at TherapyWorks, give us a shoutout! Scan the QR Code to leave us a Google review and help us help more people in our community!



Exercise Essentials *Helps strengthen shoulders*

INTERNAL BAND PULL

Sit with good posture with a band tied to something stable next to you. Keeping your elbow by your side and at a 90 degree angle pull the band across your body. Repeat 10 times on each arm.



Let's Connect! Follow Us On Social Media!



COVID-Friendly Spring Activities For 2021!

Since COVID-19 hit last year, people everywhere have been searching for ways to stay happy, healthy, and busy. COVID-19 has kept many of us inside, unable to participate in our normal day-to-day activities. However, spring is on its way, and along with it comes plenty of opportunities to get outside and begin doing some of the things we love!

Here are some fun, COVID-friendly spring activities you can start planning for. We hope these lift your spirits and get you excited for the coming warmer months!

- 1. Try a new outdoor sport.** As it begins to warm up, try picking up a new outdoor sport such as biking, rollerblading, hiking, golfing, fishing, or kayaking. These are all fun things you can do to get your blood pumping and introduce more physical activity into your routine after sitting at home for so many months! Make sure to avoid crowded areas, and choose routes that put you at less of a risk of coming into direct contact with other people.
- 2. Visit an outdoor farmers market.** If you love fresh and locally grown fruits and vegetables, a farmers market might be right up your alley! Visiting an outdoor farmers market gives you a chance to get some fresh air and hand-select

the best produce, jams, preserves, and jellies for you to take home to try. Just make sure you wear your mask and stay 6 feet away from other shoppers!

- 3. Go see a drive-in movie.** The pandemic has brought drive-in movies back, something we never thought we'd see! This is a great spring activity, especially because you can roll down your windows and enjoy a nice breeze as you watch on the big screen. You could even invite people outside of your household to park their car near yours so you can watch it together.
- 4. Break out the gardening tools.** Do you love gardening and growing your vegetables, herbs, and flowers? If so, spring is calling your name! It's time to roll up your sleeves and your knees dirty in the backyard. Gardening is a great spring activity that provides some physical activity, an excuse to get fresh air, and is also COVID-safe! Make sure to start with great soil and research the types of flowers and foods that grow the best in your climate.
- 5. Make the most of this spring.** We all deserve to enjoy spring for what it is: a new beginning. Try some of these fun activities to add a bit of joy to your daily routine, and don't forget to keep a mask handy at all times!

Staff Spotlight



Catherine Lucas, DPT

Catherine Lucas, DPT, also known as 'Cat', completed her bachelor's in Exercise Science and Doctorate of Physical Therapy at the University of Alabama at Birmingham. Cat realized physical therapy was her calling when she underwent many bouts of physical therapy herself due to injuries sustained as a young gymnast, and through her exposure to health and fitness training in high school and undergrad. She noticed that there was a limit to her knowledge of ways to help people improve their health through personal training, and wanted to learn more to be able to help more people. Her passion lies in helping people regain function and fall in love with physical activity to keep them healthy throughout their lifetime. Cat has a strong interest in pelvic floor physical therapy, chronic low back pain and orthopedics. Her hobbies include competitive weightlifting, walking her dog, reading, travelling and hiking.

Patient Success Spotlight



Great work, Loanne!

Congrats to all of our recent physical therapy graduates!



Dry Needling at TherapyWorks

What is Dry Needling? Dry Needling involves inserting a tiny monofilament needle in a muscle or muscles in order to release shortened bands of muscles and decrease trigger point activity. This can help resolve pain and muscle tension, and will promote healing. This is not traditional Chinese Acupuncture, but is instead a medical treatment that relies on a medical diagnosis to be effective.

Who can benefit? Dry Needling is a valuable and effective treatment for musculoskeletal pain. Patients with the following symptoms may benefit from this treatment:

- Muscle Strains
- Decrease Mobility/Range of Motion
- Tendonitis
- Headaches
- Osteoarthritis
- Chronic Pain

Call us today to see how Dry Needling can help you! This service is cash only.