



A physical therapist, a young man in a black t-shirt, is assisting a female patient in a white t-shirt. He is standing behind her, holding her right arm and hand to guide her through a shoulder exercise. The patient is seated and looking towards the right. The background is a light-colored, textured wall.

Recovering From Shoulder Surgery?

*How to Strengthen Your Shoulders After
Total Shoulder Replacement*

ALSO INSIDE: What Else Can I Do After Shoulder Surgery?

• Patient Success Spotlight • Exercise Essentials • Staff Spotlight



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Recovering From Shoulder Surgery?

How to Strengthen Your Shoulders After Total Shoulder Replacement

In order to ensure the best results following your procedure, it would be in your best interest to partake in both pre-surgical physical therapy treatments and post-surgical physical therapy treatments.

The better your physical condition is before undergoing your procedure, the easier your recovery will be. When you participate in physical therapy treatments before surgery, your physical therapist will guide you through strengthening exercises to improve your shoulder and upper back movement. This will help in keeping your shoulder function as strong as possible before your surgery, and it will make both the procedure and the recovery period much smoother.

It is no secret that physical therapy treatments will be needed after your surgery, as well. While pre-surgical treatments will undoubtedly help in making the process easier, you will still be in need of some guidance as you recover. You will be provided with information on any precautions you should take as your shoulder heals, such as wearing a sling or brace, or limiting certain activities. You will likely be in the hospital for a few days after your surgery, and will likely have to wear a sling for the next 2-6 weeks as your shoulder heals.

It is important not to try and move your shoulder on your own, until your physical therapist says you are ready. Rehabilitation treatments will begin a day or two after your procedure, most likely while you are still in the hospital. Treatments will begin by helping you through simple tasks, such as brushing your teeth, getting dressed, getting in and out of bed, and safely removing/putting on your sling. You will also be taught helpful tips to reduce pain and swelling on your own, such as how to properly elevate your arm or where to apply ice packs.

Once you are discharged, it is crucial to keep up with your physical therapy treatments. They will become more intensive until the function in your shoulder is fully regained. You will be guided through a series of exercises, all aimed at relieving pain, promoting healing, achieving function, and preventing any further damage from occurring. These include, but are not limited to:

- Strengthening exercises.
- Range-of-motion exercises.
- Functional training.
- Job/sport-specific training.



What Else Can I Do After Shoulder Surgery?

Once you get your shoulders moving again, there are some exercises you can do on your own to make sure they stay strong. Follow the exercises below to maintain and continue to build your shoulder strength:

1. Position yourself in front of a wall. Begin by lightly pushing your forearms into the wall, while also sliding your arms up. Make sure to keep your back flat. Raise your arms as high as you can without feeling pain, while keeping your shoulders down. Do the same when bringing your arms back down. This trains your body to strengthen your shoulders and raise your arms without substituting the neck muscles.
2. Simple shoulder and neck rolls are good starting points for getting your joints moving and muscles relaxed, which can both help to reduce pain.

GET YOUR SHOULDERS MOVING ONCE AGAIN!

If you have recently received total shoulder replacement correction, or you are in need of it in the future, contact us today. At TherapyWorks, our physical 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. Your physical therapist will also prescribe targeted exercises and stretches to help regain your optimal shoulder function. Don't suffer through a lengthy recovery period – contact TherapyWorks today for relief!

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!

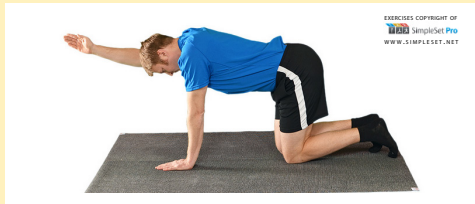


If you've had a great experience at TherapyWorks, give us a shoutout! Scan the QR Code to leave us a Google review and help us help more people in our community!

Exercise Essentials *Helps ease shoulder pain*

FOUR POINT + ARM RAISE

Start on hands and knees, hips and shoulders at 90°. Lift one arm out front. Bring it back down and then repeat on opposite side. 8-10 times on both arms.



Let's Connect! Follow Us On Social Media!





Tips For Planting A Potted Herb Garden

As the weather begins to warm up, we are all looking for fun activities to get us out of the house while still remaining safe and following CDC guidelines. At TherapyWorks, we are dedicated to helping you find activities that you enjoy that'll get you moving and out in the sunshine!

One spring activity we think you may enjoy is planting a potted herb garden. Follow our tips below or contact our clinic for more info on how you can enjoy the spring while still protecting yourself!

1. Discover what herbs will work best for you. Do you find yourself frequently cooking with certain herbs? Instead of making another trip to the grocery store, you can grow them right in your backyard! Figure out what herbs you will use the most and notice how convenient it is to have them growing right outside your home.
2. Make sure you have enough room for each herb to grow and thrive. A common mistake when planting a garden is not allowing enough room for plants to grow. Most

herbs require a diameter of 1-4 feet in their pot to allow the roots to grow and spread. A general guideline for common herbs is as follows:

- 1 foot in diameter: chives, cilantro, parsley, dill
 - 2 feet in diameter: summer savory, thyme, basil, tarragon
 - 3-4 feet in diameter: sage, mint, rosemary, marjoram, oregano
3. Make sure your herb garden is in the right light. For best results, herbs generally prefer full, bright light, as long as temperatures are not too hot that they burn the plant. If temperatures reach above 90 degrees in the summer, then it is best to plant your herb garden in an area where it can get bright morning light and afternoon shade. Be sure to check lighting and watering requirements for each herb you purchase.

Looking for more spring activities?

For more tips, don't hesitate to contact TherapyWorks today! We can help you enjoy a fun and safe spring.



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

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

Staff Spotlight



Lindsay Munoz, DPT

Lindsay Munoz, DPT, completed her bachelor's in Biology from The University of Saint Mary, Leavenworth KS. She then went on to complete her Doctorate in Physical Therapy at Rockhurst University, Kansas City MO.

Lindsay realized she wanted to pursue a career in physical therapy when she went through it herself due to soccer injuries. She enjoys helping people realize their full potential and being able to return to what they enjoy the most. Lindsay has a strong interest in orthopedics, vestibular rehabilitation, dry needling and Applied Functional Science courses.

Her hobbies include crafting, reading, traveling, and anything soccer.

Patient Success Spotlight



"TherapyWorks helped me build muscle, and now I have the energy to do everything I want to do! Everyone was friendly, helpful, and gave me the pushes I needed to reach my goals."
— Katie