



connections
PHYSICAL THERAPY

NEWSLETTER

PHYSICAL THERAPY SOLUTIONS FOR SHOULDER, ELBOW AND WRIST PAIN



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DON'T LET YOUR INSURANCE BENEFITS GO TO WASTE!



PHYSICAL THERAPY SOLUTIONS FOR **SHOULDER, ELBOW AND WRIST PAIN**

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, call 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 tendonitis
- 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 he/she can identify what may have caused the pain to create and what you can do to resolve it.

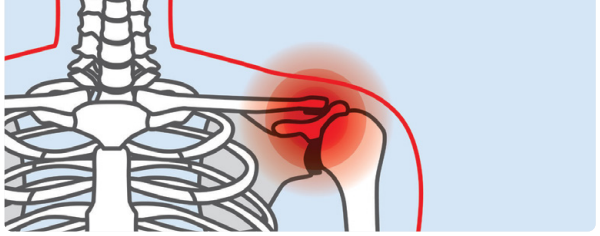
Our goal is to help you reach yours!

**Come back into our clinic for treatment
and take a step towards better health.**

COME BACK IN FOR PT!

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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.

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 help 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.

Sources:
<https://pubmed.ncbi.nlm.nih.gov/30916527/>
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Our Goal Is To Help You Reach Yours!

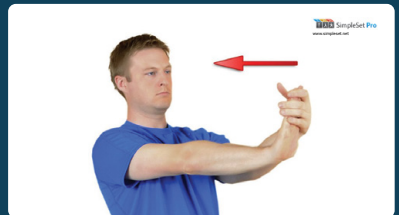
Scan the QR Code to visit our website and schedule your appointment!

EXERCISE ESSENTIAL

WRIST FLEXOR STRETCH

Hold your arm out straight, with your wrist extended and your fingers pointing upward. Use the other hand to pull wrist further, feeling for a stretch. Hold for 5-10 seconds, keeping your elbow straight. Repeat as needed.

*This exercise is designed for pain prevention.
Call your therapist if you are experiencing any pain!*





Don't Let Your Insurance Benefits Go To Waste!

There's no way around it: health insurance benefits can be absolutely mind-boggling.

Time after time, we've seen patients come through our doors with their insurance cards in one hand and their cell phones in the other as they call their insurance companies in an attempt to figure out what they need to pay for their treatment.

Now that the end of the year is getting closer, many patients have met their insurance deductibles. If this is you, this means your physical therapy treatment could cost you *absolutely nothing!*

Patients with family plans or those who have had major surgeries or chronic illnesses are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of treatment at Connections Physical Therapy could be minimal or entirely covered by your insurance plan!

You should be enjoying time spent with your family instead of stressing about insurance and whether or not you can afford treatment.

If you've met your insurance deductible for the year, it's a good idea to visit Connections Physical Therapy for treatment. We specialize in treating a variety of acute and chronic pain conditions and injuries and hold ourselves to high standards regarding our treatment methods and techniques.

Are you in need of physical therapy? Check in on your insurance deductibles and visit our clinic today. We'll guide you through safe and affordable physical therapy treatment this fall!



Staff Spotlight

**DR. JOYANNA SANTOLUCITO
PT, DPT, PHYSICAL THERAPIST**

Joyanna graduated from the University of Massachusetts-Lowell in 2011 with a doctorate in Physical Therapy. She has been practicing in outpatient orthopedic and sports medicine clinics for nearly 11 years. During that time, she had the opportunity to work with the East Coast Wizards hockey teams and Team USA Women's hockey. As a former basketball and volleyball player, she draws from her experiences to create specific therapeutic interventions for all athletes. Joyanna's clinical interests include knee and shoulder injuries specific to high school and collegiate level athletes. Joyanna completed the M1 training to become Graston Technique Certified. She also plans to sit for the Certified Strength and Conditioning Specialist (CSCS) examination later this year. In her free time, she enjoys running, traveling, reading, training for Spartan races, snowboarding and spending time with her husband and two kids.

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**Call your nearest Connections
Physical Therapy clinic to schedule
your next PT appointment!**