



WHAT'S CAUSING YOUR **SHOULDER PAIN**

**USE IT OR LOSE IT – YOUR NEXT PT VISIT
COULD BE COMPLETELY COVERED BY YOUR
INSURANCE PLAN. DETAILS INSIDE.**



INSIDE
Exercise
Essentials

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WHAT'S CAUSING YOUR SHOULDER PAIN



RYAN NEILL,
DPT – STAR Physical
Therapy

By Ryan Neill, DPT – STAR Physical Therapy

Have you been living with shoulder pain that wakes you up during the night? Do you find reaching overhead to be difficult and painful? You may be living with shoulder pain that can be resolved with physical therapy. At STAR Physical Therapy, we have the solutions that you are looking for!

Our shoulders are the most flexible and movable joints in the body. The shoulder joint consists of a ball and shallow socket that allows for an impressive range of motion.

This mobility makes the shoulder more susceptible to injuries and pain because it depends on muscles to maintain stability and strength. When these muscles around the joint become weak or injured, the joint mechanics are affected, resulting in inflammation and pain.

Call STAR Physical Therapy today to schedule an appointment with one of our physical therapists so we can help you get back to your daily life, free of shoulder pains!

Understanding Your Shoulder

Your shoulder is a ball-and-socket joint, meaning that the humerus (ball) fits perfectly in the corresponding space in the shoulder blade (socket). Each end of the bone is protected by thick cartilage that offers mild support and allows for fluid movement.

The shoulder has the following essential structures:

The rotator cuff: This is a group of muscles surrounding the shoulder joint providing support and movement through a wide range of motion.

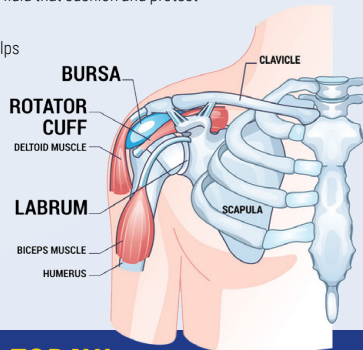
The bursas: These are small sacs of fluid that cushion and protect the tendons from the bones.

The labrum: This is the cartilage that helps reinforce the cup that the ball fits into.

Your shoulders can accomplish several physical feats due to their structure – however, this also means that they are at an increased risk of injury.

When something becomes damaged in the shoulders, pain and discomfort develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

Continued inside.



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Continued from previous page.

Common Conditions That Cause Shoulder Pain

Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all. Pain due to wear and tear or degenerative changes are often more achy and sore.

The most common conditions affecting the shoulder are:

- **Strains:** A strain occurs when a muscle or tendon is stretched too far or torn. Strains that are not resolved fully can lead to ongoing shoulder pain, making it difficult to partake in exercise or even daily tasks.
- **Tendinitis:** Tendinitis in the shoulder joint occurs when the joint is injured or overused. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing irritation.
- **Cartilage injury:** An injury to the cartilage will typically lead to a limited range of motion and may lead to decreased strength in the affected shoulder. Often you will experience pain when moving your arm in specific ways, but not others.
- **Arthritis:** Osteoarthritis and rheumatoid arthritis are the two most common types of arthritis. Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant "wear and tear," typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat, resulting in pain and inflammation. In both cases, pain and loss of motion are typical.
- **Frozen shoulder:** Medically referred to as adhesive capsulitis, a frozen shoulder can occur if you have been bedridden or your arm has been in a cast or sling for a while. Unfortunately, it can also happen without an apparent cause. This condition causes tissues to stiffen up and causes this painful condition to occur.

How Physical Therapy Can Help

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. A physical therapist with experience treating shoulder pain will thoroughly evaluate the severity of your injury and identify any other limitations affecting your recovery, mobility, stability, or strength.

Our therapists at STAR Physical Therapy will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. Your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured shoulder. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate any appropriate pain relief technique to help ensure you can resume doing all the activities you love.



Call Us Today To Request An Appointment

Two of the biggest goals of physical therapy are to alleviate your pain and to improve your function. Your physical therapist will work with you to ensure that both are achieved throughout your physical therapy sessions.

If you are living with shoulder pain, don't let it limit your life any longer. Call STAR Physical Therapy today to find relief once and for all!

Exercise Essentials

SHOULDER EXTENSION (CANE)

Start by standing up straight with the arm to be exercised hanging by your side. Hold each end of the cane with one hand so that your arm to be exercised is holding the bottom end and your assisting arm is raised holding the top to make the cane positioned in a diagonal line. Lightly move your arm behind you pulling the cane and keeping your arm straight while your other arm assists by pushing lightly.

This exercise helps improve your shoulder.



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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 2024, before your deductible renews again! GO ONLINE OR CALL TODAY TO SCHEDULE YOUR APPOINTMENT!

Staff Spotlight



"We'll Get You There!"

JOSUE GUTIERREZ

PTA, Clinic Director in our New Orleans Lakefront clinic

Josue is a bilingual Licensed Physical Therapist Assistant who graduated from

Delgado Community College in 2018 with an Associate of Applied Science Degree. He joined the staff at STAR Physical Therapy in 2018. Josue is passionate helping people to recover and improve their quality of life. He is from Honduras, but raised in the Greater New Orleans area. Josue has experience helping patients in the outpatient orthopedic setting. In his spare time he enjoys coaching soccer for White Star Soccer Academy, working out, and spending time with his wife and 3 children.

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504.264.6258

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Patient Success Spotlight



"EVERY TIME I WALK IN THE DOOR I FEEL AS IF THE NUMBER ONE FOCUS OF EVERYONE THERE IS TO MAKE MY DAY"

"Rachel and the staff are amazing. Every time I walk in the door I feel as if the number one focus of everyone there is to make my day. After years of shoulder problems in both arms and seeing another PT who did not help me get better, I am finally feeling as if I am getting back to normal. Thank you guys for all that you do for me!" – Bert S.

STAR PT Workshops!



LEARN MORE ABOUT ANY UPCOMING WORKSHOPS ON OUR WEBSITE!

Be sure to stay up to date on new Star PT Clinics workshops by visiting our website! Just look for the "Workshops" tab or scroll down to find the section pictured above!

COME BACK TO STAR PT!



- Has an old pain flared up?
- Are you suffering from a new pain?
- Do you want to be healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to STAR Physical Therapy. Call us today!