



Santa Clarita Valley
Therapy Services

HEALTH & WELLNESS **NEWSLETTER**



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

Read more inside on What Do My Symptoms Mean,
A New Year Means a New You, and This Month's Healthy Recipe!

SCVTherapyServices.com

Give us a call today at **(661) 284-1984**

PHYSICAL THERAPY SOLUTIONS FOR SHOULDER, ELBOW AND WRIST PAIN



Physical therapy can help relieve your 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 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 tendinitis
- 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 they can identify what may have caused the pain to start and what you can do to resolve it.

Call us today at **(661) 284-1984** or visit **SCVTherapyServices.com** to schedule your next appointment!



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 helping 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:
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Let's Get You Better ASAP!

Scan the QR code to visit
[SCVTherapyServices.com](https://www.scvtherapy.com) to schedule
your next appointment now!

A NEW YEAR MEANS A NEW YOU

We all know what happens when the New Year hits! Everybody starts attempting to set goals to improve their lives over the next 12 months.

While there's never a wrong time to prioritize your health and wellbeing, the beginning of a brand new year certainly feels like a great time to make significant changes!

It doesn't matter if you're looking for new ways to become more active, or you just want to put a stronger pulse on your overall health, Santa Clarita Valley Therapy Services is here to help you!

That's why we wanted to share some of the best things you can start doing today to get your health on the right track for the New Year!

Aerobic Activities

When it comes to getting fit, exercising more often is truly a no-brainer. Tons of targeted stretches and exercises may help you feel better and get into better shape at the same time.

Aerobic stretches and exercises help increase your stamina. They keep you healthy, improve your fitness, and allow you to have an easier time doing the things you love.



Some forms of aerobic endurance exercises include:

- Biking
- Dancing
- Swimming
- Playing a sport
- Climbing
- Walking, sprinting

Strength Training Exercises

Strength training makes your muscles stronger and also helps to prevent fall injuries. *Some common forms of strength-building exercises include:*

- Lifting weights
- Using resistance bands during a workout

The beginning of a new year is certainly a wonderful time to set forth expectations about improving our health! If you're interested in learning more about how you can put your health first, contact Santa Clarita Valley Therapy Services today for more information.

GOOGLE 5-STAR REVIEW

"The team at Santa Clarita Valley Therapy Services have been amazing with assisting me back into forward movement after surgery. I'm super happy to be doing more and not being afraid to push harder. The people are great and the progress is even better. Thank you so much!"



Scan the QR code to
leave us a review!



GRILLED CHICKEN CAPRESE

- 2 (about 1 lb) large boneless, skinless chicken breasts
- 2 oz fresh salted mozzarella
- 2 plum tomatoes
- 2 tbsp olive oil
- 1/4 cup fresh basil

Set grill to medium. Lay the chicken breasts flat and cut horizontally with knife parallel to cutting board to form 4 thinner cutlets. Brush chicken with the olive oil and season all over with salt and pepper. Place chicken on grill and cook 4 min. per side. Meanwhile, very thinly slice the mozzarella. Thinly slice the tomatoes. Thinly slice the basil. Arrange tomato slices on chicken. Top with mozzarella. Cover and cook another 2-3 min., until cheese melts and chicken is cooked through. To serve, season with pepper and garnish with basil.

Your health is our highest priority. Give us a call at (661) 284-1984 or visit SCVTherapyServices.com today!