

NEWSLETTER

APRIL 2023



PT Solutions for Shoulder, Elbow and Wrist Pain

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**PT FOR
SHOULDER,
ELBOW AND
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Kinect

PHYSIOTHERAPY



PT 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

Continued inside.

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SEASONAL RECIPE

Cucumber Sandwich



INGREDIENTS

- 2 oz cream cheese, at room temperature
- 1 tbsp low-fat plain Greek yogurt
- 1 tbsp sliced fresh chives
- 1 tbsp chopped fresh dill
- ¼ tsp ground pepper
- 2 slices whole-wheat sandwich bread
- 1/3 cup thinly sliced English cucumber

DIRECTIONS

Stir cream cheese, yogurt, chives, dill and pepper together in a small bowl until well blended. Spread the mixture evenly on one side of each bread slice. Top 1 slice with cucumber slices, then top with the other bread slice, cream cheese-side down. Cut the crusts from the sandwich and cut it in half diagonally.

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Continued from outside.

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.

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

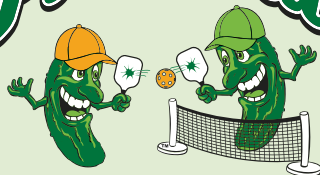
Addressing the pain early on is the best way to prevent an issue from becoming more debilitating. Physical therapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and helping you mobilize and strengthen the surrounding muscles to alleviate the pain 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.

VISIT **KINECTPTNC.COM** FOR MORE INFO

SAVE THE DATE!

WAKE FOREST
Pickleball



TOURNAMENT

SPRING INTO SUMMER 2023 PICKLEBALL TOURNAMENT

FRIDAY | SATURDAY | SUNDAY

MAY 12 • 13 • 14

J.B. Flaherty Park Tennis Complex
1226 N. White Street, Wake Forest, NC
Registration begins **MARCH 1, 2023**
pickleballbrackets.com

- Brackets will be skill and age
- More information to come!
- Contact Sandy Brasseale
sandybpickleball@gmail.com

Presenting
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STAFF SPOTLIGHT



Justin Mitchell, DPT

Justin graduated from West Virginia University with a BS in Exercise Physiology with an emphasis in aquatic therapy in 2013, followed by his Doctor of Physical Therapy in 2017. Justin began his career working in

Denver, NC at a private practice Orthopedic and Sports clinic before joining Wake Forest Physical Therapy in 2019. He has experience treating orthopedic/musculoskeletal pathologies as well as neurologic, vestibular, and chronic pain issues. He is a native of West Virginia and in his free time enjoys cycling, soccer, snowboarding, and spending time outdoors.

BEAT YOUR ALLERGIES!

Here are 3 natural ways to help you fight allergies this Spring!

1. Limit your time outdoors. Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.

2. Get natural relief. Some herbal remedies may help stave off allergy symptoms. More research is needed, but an extract from a shrub called butterbur shows promise. Biminne, a Chinese herbal formula with ingredients like ginkgo biloba and Chinese skullcap, may also help. One study found that people who took biminne five times a day for 12 weeks still felt the benefits a year later.

3. Tweak your home. Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside. Take off your shoes at the door and ask guests to do the same. That keeps allergens outside. Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.

PATIENT SUCCESS

"I've been attending PT for just two weeks and I can feel the difference in getting better already"

I have been experiencing shoulder pain for four months and decided to go to Wake Forest Physical Therapy. Justin M has diagnosed my shoulder pain thoroughly; his experience and knowledge has been very helpful. I've been attending PT for just two weeks and I can feel the difference in getting better already. If you have been experiencing pain, Justin Mitchell is the person to see!!

-Shirley M.

COME BACK TO PHYSIO

WHY YOU NEED TO COME
BACK IN FOR A TUNE UP:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active healthy lifestyle



Are you in pain? Have you sustained an injury? Give us a call today to schedule an appointment!

WAKE FOREST, NC
(919) 568-5035

KNIGHTDALE, NC
(919) 759-6532

