



NEWSLETTER

# TOSS YOUR SHOULDER PAIN AWAY WITH PHYSICAL THERAPY



**CHECK OUT OUR  
UPCOMING WORKSHOP!**

*DETAILS INSIDE*

## *See Inside*

- *Laughter Is the Best Medicine*
- *Exercise Essentials*
- *Neck Pain Workshop*

[breckenridgephysicaltherapy.com](http://breckenridgephysicaltherapy.com)

**NO DOCTOR REFERRAL  
NECESSARY TO SEEK  
PHYSICAL THERAPY**  
DETAILS INSIDE

## TOSS YOUR SHOULDER PAIN AWAY WITH 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 Breckenridge 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 Breckenridge 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!

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.

### 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.

*(Continued inside)*

### 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.



# TOSS YOUR SHOULDER PAIN AWAY WITH PHYSICAL THERAPY

*(Continued from outside)*

**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 therapist at Breckenridge 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.

**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 Breckenridge Physical Therapy today to find relief once and for all!**

## Exercise Essentials

*Try this exercise to strengthen your core.*

### FORWARD BEND — LONG SITTING

*Sit with legs straight out and lower back tall. Bend forward keeping lower back tall to feel a stretch in the back of your thighs. This helps with lower back pain. Hold for 20 counts and repeat as needed.*



*Always consult your physical therapist or physician before starting exercises you are unsure of doing.*

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www.simpleset.net

# 970.485.3421

[breckenridgephysicaltherapy.com](http://breckenridgephysicaltherapy.com)

**Give This Coupon To A Friend Or Loved One!**

BRECKENRIDGE  PHYSICAL THERAPY

**Refer a Friend!**

To \_\_\_\_\_

From \_\_\_\_\_

**Do you know anyone that needs our help?**

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

Call us at 970.485.3421 or visit [breckenridgephysicaltherapy.com](http://breckenridgephysicaltherapy.com)



Call Breckenridge Physical Therapy at 970.485.3421, or visit our website at [breckenridgephysicaltherapy.com](http://breckenridgephysicaltherapy.com) to schedule your appointment today!

# LAUGHTER IS THE BEST MEDICINE

## Did you know?

...that laughter is good for your heart? It diminishes stress and boosts the immune system. Even the simple act of smiling has a positive effect on happiness and physical health, helping the heart recover more quickly after stressful events. Smiling and laughter reduce blood pressure and releases serotonin and other natural pain killers.

## Did you know?

...that laughter's positive effects are instantaneous! Once you start laughing, you immediately feel better and pain is perceived as less intense. These effects can last as long as 24 hours so laugh at least once a day!

If you have an injury or a pain that doesn't go away with laughter, Breckenridge Physical Therapy is here for you.

**970.485.3421**



## No Doctor Referral Necessary To Seek Physical Therapy

Whether you want to come in for a check-up, suffered a recent injury or if you want to improve your health, a doctor's referral is not needed. In the state of Colorado, you have direct access to physical therapy!

Save time



Save money



Improve your health naturally

## FREE WORKSHOP

# NECK PAIN WORKSHOP



**MARCH 31<sup>ST</sup>  
AT 6:00 PM**

Contact Breckenridge Physical Therapy today at 970.485.3421 for more information!

## HEALTHY RECIPE

### ORZO WITH ZUCCHINI AND TOMATO



#### INGREDIENTS

- 5 oz uncooked orzo pasta
- 1/2 large zucchini, 1/4-inch diced
- 1 small plum or Campari tomato, diced
- 2 cloves garlic, smashed & finely chopped
- 1 tbsp extra virgin olive oil
- Salt & fresh pepper to taste
- 1/4 cup fresh grated Parmesan or Pecorino

**DIRECTIONS** Cook pasta in a large pot of salted water as directed for al dente. Reserve about 1/2 cup liquid before draining. Drain orzo in a colander and add the oil to the pot. Saute garlic 1 minute, until fragrant, add the zucchini and tomatoes, season with salt and pepper and mix well. Cook until tender, 3 to 4 minutes. Add the cooked orzo and stir to combine all. Add some of the reserved liquid as needed so pasta isn't dry. Add freshly grated cheese and stir.

Source: <https://www.skinnytaste.com/orzo-with-zucchini-and-tomato/>

HAS YOUR PAIN RETURNED OR A NEW ONE STARTED?

## COME BACK TO PT!

Contact Breckenridge Physical Therapy today and start living pain-free again!

**970.485.3421**

BRECKENRIDGE



PHYSICAL THERAPY

106 North French St #250  
Breckenridge, CO 80424

***Do You Know Anyone  
That Needs Our Help?  
Refer-A-Friend Today!***

***Call us to schedule an  
appointment today!***

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***breckenridgephysicaltherapy.com***



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