



REQUEST AN APPOINTMENT

BPT
NO DOCTOR REFERRAL
NECESSARY TO SEEK
PHYSICAL THERAPY
DETAILS INSIDE



THAWING YOUR FROZEN SHOULDER WITH PHYSICAL THERAPY

Have you noticed your shoulder is sore and not working like it used to? Have you been told you have a rotator cuff injury? Whether you have a sore shoulder or just had surgery to repair a tear, our team at Breckenridge Physical Therapy can help you recover from any rotator cuff problem and get back to using your arm and doing what you love!

The rotator cuff is the group of four muscles and their tendons that surround your shoulder joint. These muscles are responsible for keeping the shoulder joint stable. Sometimes, the rotator cuff can become torn or injured due to an accident/trauma or repetitive overhead motions performed in sports or jobs.

The risk of injury increases with age but can also occur in younger people. Older adults can injure the rotator cuff when they fall on or strain with a sudden shoulder movement.

Continuous poor posture and improper positioning of the shoulders can make your scapula, or shoulder blade, much more vulnerable to pain and rotator cuff injuries. When left untreated, a rotator cuff tear can cause severe pain and decrease the ability to use the arm.

How To Know If You've Injured Your Rotator Cuff

When you suffer a rotator cuff injury, one or more muscles stop working correctly. Those who experience rotator cuff injuries often report a dull ache deep in their shoulder with a sense of weakness and/or pain reaching to the side and behind their back. One of the most common complaints is disturbed sleep due to pain.

Not everyone with a rotator cuff tear experiences pain or loss of motion and strength. Similarly, not everyone with shoulder pain has a rotator cuff tear!

The most common symptoms of a rotator cuff tear include:

- Shoulder pain on the side or back of the shoulder
- Loss of motion
- Decreased strength and mobility of your shoulder
- Decreased stability when lifting your arms overhead, including a giving way sensation

Our physical therapists can assess your shoulder and help you determine if you need surgery or not. So, if you have shoulder pain, check with your PT to get an idea of how your shoulder is moving and functioning and the steps you can take to resolve your problem.

What To Expect With Physical Therapy

While many people believe that the aches and pains of arthritis are best treated with rest and avoiding any activity that hurts, this is not the case. In fact, rest and avoidance lead to more pain and disability. Exercise keeps the joints limber and the muscles strong, preventing arthritis from getting worse.

Your physical therapist will examine your symptoms, severity of pain, and location of arthritis, to determine the best-individualized treatment plan for your specific needs.

(Continued inside)

REQUEST AN APPOINTMENT

THAWING YOUR FROZEN SHOULDER WITH PHYSICAL THERAPY



Continued from previous page.

How Physical Therapy Can Help

While rotator cuff injuries sometimes require surgery if they are severe enough, there are several cases where therapy treatments can work just as well (if not better) than surgery.

When surgery is needed, physical therapy plays a significant role in recovery. Patients who undergo physical therapy within the first three months of surgery have substantial improvements in pain and function compared to patients who did not get physical therapy.

Often nontraumatic rotator cuff tears respond very well to therapy alone, but when surgery is required, a therapist will monitor and guide the patient's progress based on the surgeon's recommendations.

Regardless of the type of injury, the beginning of physical therapy will involve gaining motion in the shoulder through progressive range of motion exercises. In addition, our therapists will use different treatments to help manage pain, including strategies for the safe performance of daily activities and sleeping positions to ease pain at night.

As your condition improves, strengthening can begin. Typically your therapist will progress you through isometric exercises, progressive resistive exercises, and eventually dynamic activity/sports-specific strengthening exercises. The goal is to ensure your shoulder can handle the stresses of your hobbies, sports, and work.

What To Expect In Physical Therapy

Your initial appointment will consist of an evaluation to determine what course of treatment will be best for your needs. If surgery is needed, your therapist can help you prepare for your surgery and help you after to ensure you get the results you are looking for.

Your physical therapist will provide a treatment plan for you that will assist in restoring your range of motion, rotator cuff strengthening, shoulder blade stability exercises, and overall function of the affected shoulder.

At first, your treatment plan will consist of passive physical therapy, primarily

focused on pain relief, swelling control, and restoring basic mobility. This may include manual therapy, gentle therapeutic exercises, or any other combination of treatment services that your physical therapist deems for your treatment plan.

When you visit a physical therapist to treat your rotator cuff tear, you can expect to engage in active exercises that are proven to be the best course of care for a rotator cuff injury.

At Breckenridge Physical Therapy, we use specialized techniques to help improve the way your shoulder moves and functions. Our dedicated therapists will provide you with some much-needed relief and get you started on your path toward recovery!

If you are suffering from a rotator cuff injury, contact us today!



REQUEST AN APPOINTMENT

Exercise Essentials

This exercise helps strengthen shoulder muscles.

HORIZONTAL SHOULDER ADDUCTION

Start by anchoring an exercise band at shoulder height. Grab the band with one arm raised to the side and stand perpendicular to the site of the anchor. Pull your arm across your body while keeping it at shoulder height. Keep your arm straight the whole time. Slowly return to the starting position. Repeat 10 times per shoulder.



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

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!



Call Breckenridge Physical Therapy at 970.364.6601, or visit our website at breckenridgephysicaltherapy.com to schedule your appointment today!

S POOL EXERCISES FOR A FULL-BODY WORKOUT

Why not turn your summer pool time into a fitness routine?

Exercising in water can provide a great full-body workout without some of the drawbacks of land-based exercises.

1. Walk in water. It targets your arms, core, and lower body. Keep your arms in the water and move them as you walk. Engage your core and stand tall.

2. Water arm lifts. Using foam dumbbells will help add more resistance. Stand in water up to your shoulders. Hold the dumbbells at your side, with your palms facing up. Draw your elbows in close to your torso as you lift your forearms to the height of the water. Rotate your wrists to turn your palms facedown. Lower your arms back to the starting position. Do 1-3 sets of 10-15 reps.

3. Lateral arm lifts. This exercise, which targets your upper body, is also best done with foam dumbbells. Stand in water up to your shoulders. Hold the dumbbells at your side. Raise your arms to the side until they're level with the water and your shoulders. Lower your arms back down to your sides. Do 1-3 sets of 8-14 repetitions.

4. Back wall glide. This exercise helps to activate the muscles in your core and lower body. Hold onto the pool ledge, tuck your knees into your chest, and press your feet into the wall. Push off from the wall and float on your back as far as you can. Draw your knees into your chest, press your feet down to the bottom of the pool, and run back to the wall. Continue this exercise for 5-10 minutes.

5. Leg kicks. This exercise works the muscles in your core and legs. Use ankle weights to make it more challenging. Hold onto the pool ledge or hold a kickboard. Alternate flutter kicking, scissor kicking, breaststroke kicking, and dolphin kicking. Do each kick for 1-3 minutes.

Water workouts are an effective way to boost your cardio fitness while strengthening your major muscle groups, but as with any new exercise program, always speak to your physiotherapist first.

Contact Breckenridge Physical Therapy to see if aquatic exercise is right for you!

[REQUEST AN APPOINTMENT](#)

Patient Success Stories



"Outstanding staff. Great facility. Couldn't say enough good things"
—Marc O.

Sudoku

			8					3
		2			1	6	9	
				4			7	1
2			9		8			
		8				5		
			7		6			2
7	2			6				
	8	9	5			4		
5					4			

1sudoku.com

Level Hard

Give This Coupon To A Friend Or Loved One!

BRECKENRIDGE **BPT** PHYSICAL THERAPY

Refer a Friend!

To _____

From _____

Do you know anyone that needs our help?

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

Call us at 970.364.6601 or visit breckenridgephysicaltherapy.com



**WANT TO IMPROVE YOUR PERFORMANCE
IN SPRING AND SUMMER SPORTS?**

COME BACK TO PT!

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

970.364.6601