



PHYSICAL THERAPY CAN HELP FROZEN SHOULDERS



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PHYSICAL THERAPY CAN HELP FROZEN SHOULDERS

It's not uncommon for our clinic to see patients struggling with chronic shoulder pain. Often, we find that these patients are having to sacrifice their quality of life and have finally gotten fed up. There are many different factors that attribute to chronic shoulder pain, including a common condition known as frozen shoulder.

Dealing with shoulder pain can make completing daily tasks nearly impossible without treatment. Physical therapy can help relieve (or even eliminate) your problem! If you're experiencing shoulder pain, contact our office today.

Our physical therapists will be able to do a full assessment, figure out if the source of your pain is frozen shoulder, and help you get on the road to recovery.

What is frozen shoulder?

Frozen shoulder, or "adhesive capsulitis" is a condition caused by inactivity that occurs after injury or alongside another shoulder problem. When scar tissue forms after a period of physical inactivity, the shoulder can become stiff or inflamed. Most people struggling with frozen shoulders complain of pain, discomfort when moving or using the affected joint, or even a total loss of movement in that shoulder.

Exactly what causes frozen shoulder remains somewhat of a mystery condition to many doctors and physical therapists, but a few possible causes are as follows:



- Results from a surgery or injury.
- Underlying conditions such as bursitis, tendonitis, arthritis, a rotator cuff tear, or any other condition causing a person to cease shoulder movement
- Immobilization of the arm, such as in a sling, after surgery or fracture

Overall, having a limited range of motion can cause you to develop a frozen shoulder. Frozen shoulders can also be the result of remaining bedridden, unable to get up and move around for a long time.

Most physical therapists recommend that patients with frozen shoulders rest often in between physical therapy appointments to avoid developing scar tissue in the shoulder. On the chance that scar tissue does develop, the muscles surrounding the shoulder may eventually freeze up as well.

A MESSAGE FROM THE CEO



Jill Marlan
PT, MSPT, OMPT, CSCS
CEO & Founder of
Peak Performance

I find the shoulder to be one of our most fascinating joints. Your shoulder joint needs enough range to scratch your back, put your wallet in your pocket or throw a ball. Yet it needs to remain stable enough to hold your body weight during a push up, push you up from a chair or lift your kids overhead in the backyard. To accomplish this, the shoulder joint is supported by a combination of bones, ligaments, and muscles. When things are all working well life is wonderful! When these structures are not working harmoniously together, it can be life altering. Our physical therapists at Peak Performance specialize in the intricate movement relationship between all the moving and stabilizing parts of your joint. If you sense something is not quite right with the way you move, now is the time to get it taken care of! Don't miss out on the summer fun because of a sore, stiff or weak shoulder! Let us help you Reach Your Peak!

WHAT KIND OF PHYSICAL THERAPY TREATMENT WILL HELP?



Physical therapy for frozen shoulders focuses primarily on pain relief, using modalities, manual therapy, modalities, exercises, and at-home treatments. Your physical therapist's ultimate goal is to restore mobility and range of motion to the affected shoulder.

He or she will teach you how to relieve pain with stretching techniques and strengthening exercises, most of which you'll be able to complete at home to speed up the recovery progress.

At the moment there isn't very much we can do to prevent the development of frozen shoulder, however, the sooner you contact our office for an evaluation, the quicker we can address your pain symptoms and create your treatment plan!

Contact Peak Performance Today!

If you have been experiencing recurrent or chronic shoulder pain, it is important to consult with a physical therapist as soon as possible to find out if your problem is a frozen shoulder. Physical therapy is a safe and natural treatment option that can successfully help patients of all ages recover from their shoulder injuries.

There's no reason you need to risk the harmful effects of over-the-counter medication or spend a ton of money on an expensive surgery to gain relief from shoulder pain. Call Peak Performance today to learn more about the benefits of physical therapy for shoulder pain, and begin your journey toward living a pain-free life!

<https://www.choossept.com/symptomsconditionsdetail/physical-therapy-guide-to-frozen-shoulder-adhesive-capsulitis>

PATIENT SUCCESS SPOTLIGHT

"My experience at Peak Performance can only be described as amazing. Eric and Erica and their assistants were personable, professional, and caring. They correctly diagnosed my condition and treatments/exercises needed to fix my problem. I can truly say that I am back to normal. You can't ask for more than that.

I also want to recognize the front desk staff. They are always friendly and helpful. It's nice to see that when you're coming there in pain.

I am extremely grateful for the time I spent working with all of the staff there." -J.J.

STAFF SPOTLIGHT



Megan Brew, PT, DPT

Megan was born and raised in Temperance, MI. Megan has a passion for horses that started at 9 years old, when she began taking horseback riding lessons. She competed at a local level in horse shows, and spent countless hours volunteering with camps and riding events. She went on to be a member of the Equestrian Team at Central Michigan University, and competed against riders throughout Michigan and Canada.

Megan attended Central Michigan University for her undergraduate degree. She chose to study pre physical therapy in addition to getting her Bachelor of Science in child development. This helped her gain a further understanding of the pediatric and adolescent patient population. Megan then went on to Oakland University for her Doctor of Physical Therapy. Megan is now the clinic manager at the Mason location of Peak performance physical therapy. She enjoys working with a wide variety of patients; however, she specializes in pediatric physical therapy. Megan has experience treating a variety of pediatric conditions including torticollis, toe walking, developmental delay, and much more. Megan discovered physical therapy when volunteering for a hippotherapy program at her local barn. Hippotherapy is physical therapy for children, using horses as the therapy tool. After this experience, Megan knew that she wanted to be a physical therapist. Her interest in PT grew the more she learned about everything a physical therapist can do.

HEALTHY RECIPE



PEANUT BUTTER OAT BALLS

Ingredients

- 1 cup quick oats
- 1/2 cup peanut butter
- 1 Tbsp. ground flax seed
- 2 Tbsp. wheat germ
- 1/3 cup honey
- 1/2 cup mini baking M&M's or mini chocolate chips

Instructions

Mix all the ingredients together either in a mixing bowl with a spoon or a Kitchen-Aid mixer with paddle attachment. Place mixture in refrigerator for about 15 minutes, or until chilled enough to roll into balls without being too sticky. When chilled and not as sticky, roll into balls and place on a piece of parchment paper on a plate and place in refrigerator, until set. You can now place balls in an airtight container in the refrigerator and eat at your leisure.

<https://www.yummyhealthyeasy.com/peanut-butter-oat-balls>

OUR SERVICES

- Manual Therapy
- Massage Therapy
- Personal Training
- Group Training
- Individual Training
- Kinesio Taping
- IASTM
- Dry Needling
- Electric Stimulation
- TIP Certification
- Nutrition Services
- Injury Prevention Seminars
- Educational Forums
- And More!

IS IT TIME FOR YOU TO SEE A THERAPIST?

Call or visit us online today to schedule your next appointment! Scan the code below with your smartphone to start your journey now.



517-305-4955

PEAK PERFORMANCE
Physical Therapy