

GET BACK IN THE GAME!

Injury Prevention

**Get to Know
Dr. Noud.**

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 can help you recover from any rotator cuff problem and get back to using your arm doing what you love!

(Continued inside)

RETURN TO ACTION AFTER A ROTATOR CUFF INJURY

The rotator cuff is the group of 4 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.

Call us to set up an appointment and help relieve your shoulder pain and heal your rotator cuff injury.

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. 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!

A MESSAGE FROM THE CEO



Jill Marlan
PT, MSPT, OMPMT, CSCS
CEO & Founder of
Peak Performance
Physical Therapy

Shoulders are dynamic joints that undergo immense pressure and rotation daily. Being an athlete myself, I'm sure you can understand I have a love-hate relationship with this joint. I was a softball pitcher who played volleyball and basketball in high school and college. My shoulders have had their fair share of work. I have rehabbed my own injuries and have helped many elite athletes prevent, recover and restore full function.

Here are a few things I've learned:

1. Everyone is different in their rehab needs-you cannot treat the shoulder with a cookie-cutter approach.
2. Prevention is key to maintaining an appropriate range of motion and muscle length to help prevent injuries. Get treated before you hurt!

3. A strong rotator cuff is not enough to prevent injury; you have to be able to control dynamic movement and deceleration of your arm.
4. Having strong legs can prevent energy leaks and prevent shoulder injuries.
5. Degenerative changes of your rotator cuff can happen throughout your lifetime but do not always need to be repaired surgically.
6. Sitting all day in a forward posture at your desk is not good for your shoulders.
7. Overhand sports like softball, tennis, lacrosse, swimming are often undertreated.

If you have a shoulder, you would probably benefit from seeing us! We will help you reach your peak!

BASEBALL AT PEAK PERFORMANCE PHYSICAL THERAPY



Baseball is filled with speed and dynamic movements. If you are training incorrectly, the potential for injury increases significantly. Let Peak Performance's Injury Prevention Program help evaluate your risk for injury so you can perform at your peak!

Common Injuries

- Elbow Injuries
- Shoulder Injuries
- Ulnar Collateral Ligament Injury
- Overuse Injuries

Peak Performance Physical Therapy Injury Prevention Program

- Individual, Small Group, and Team Training
- Dynamic Warmups
- Functional Movement Assessment

Reach your training goals with Peak Performance Physical Therapy. Call us at 517-853-6800 to schedule your team today.

****Peak Performance Physical Therapy Injury Prevention programs are open to all sports and teams.***

COLLABORATION CORNER



Dr. Noud's philosophy of caring for people involves creating an understanding of the problem so that together they can determine what the best course of action is. In most instances, there is more than a single way to manage a problem. Dr. Noud prides himself in customizing solutions that best meet the expectation of each patient depending on his/her disability, activity and comfort level. He believes that this approach leads to a closer relationship between himself and his patients and a higher level of satisfaction with this shared decision making.

Dr. Noud is extensively involved both at the local and national level with the education and training of future Orthopedic physicians. Additionally, he teaches and lectures in several annual state of the art comprehensive shoulder courses where he continues to refine and develop successful methods to manage complex shoulder problems.

To learn more about Dr. Noud visit www.michiganortho.com.

SHELBY SCHUBERT **PT**

Shelby was born and raised in Essexville, MI. She attended Oakland University for her Bachelor's Degree and attended U of M-Flint where she obtained her Master of Physical Therapy. Shelby finished PT school and got married between her last two clinicals. She started her career in an Inpatient Rehabilitation Unit, in Warren, MI, but her passion was to be in the outpatient setting. After having her first daughter, she transitioned to an outpatient setting in Chesterfield Twp, close to her home. In 2006, Shelby and her family moved to the DeWitt area. Shelby continued her career in outpatient PT and came to Peak Performance four years ago.

Shelby is married to Craig and they have 2 daughters, Alli and Elyse, and 2 dogs, Maui and Duke. In her spare time, she can be found at her girls' lacrosse or soccer games. She also enjoys spending time with her family and friends. Some of her favorite pastimes are enjoying her pool, camping, boating, vacationing in warm tropical places, going on cruises and baking. She also enjoys photography.



Shelby's areas of interest are Manual Therapy, Dry Needling, External Women's Health and taking a whole-body approach. Later this year she will be focusing her attention and training on internal pelvic floor therapies. In November, she was promoted to Clinic Manager of our DeWitt Location and was nominated Employee of the Year for 2021.

Shelby always knew she wanted to be a PT. When Shelby was in high school, her mom was in a serious car accident. Shelby would attend her mom's PT sessions with her and always admired how they were able to get her mom moving better and restore her function. Shelby enjoys working with a variety of patients and loves to help them get back on their feet, increase their confidence in their abilities to perform tasks and educate them on how to continue to manage things once done with therapy.

5-STAR REVIEW

"I have been going to Peak Performance for several years. I usually see Matt McFadden great PT person, and he did a great job to help me recover from neck issues, knee issue, & knee replacement. I had Tennis elbow & saw Jill Marlan, CEO & Founder who diagnosed me, Anna Stinson & Matt, both did a great job helping me get better. I want to thank everyone at peak performance who has done a great job, also Hayden, Carolyn, Patrick & all the other helpers, & front office people, also big shout out to Colby for helping me with my insurance issue I had. Also to all other therapists that are wonderful with greeting you & make you feel welcome." -P.T.

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) 853-6800

EXERCISE ESSENTIAL

Shoulder Extension

Lean forward, supporting yourself with your arm (as shown) or against a chair or counter and hold a free weight at your side. Keeping your elbow straight and shoulders relaxed, raise your arm up behind your body. SLOWLY lower arm "fighting" the resistance. Repeat 6-10 times on the affected arm(s).



**Try this exercise if you are
experiencing shoulder pain.**