



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



TIPS TO HELP **ALLEVIATE & PREVENT** **SHOULDER PAIN**

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INSIDE:

- 3 DAILY EXERCISES THAT CAN HELP THE SHOULDERS
- DON'T LET YOUR INSURANCE GO TO WASTE!

TIPS TO HELP ALLEVIATE & PREVENT SHOULDER PAIN

Is shoulder pain slowing you down? You are not alone! Shoulder pain is a common symptom here at MedRehab and we have the solutions for you. We go the extra mile to make sure you are included and welcomed during your visit.

Do you notice your shoulder is waking you up at night? Are you having difficulty reaching or lifting overhead? You might have a rotator cuff injury or another shoulder disorder. At MedRehab Group Physiotherapy, our physiotherapist can help figure out what is causing your symptoms and how to resolve them so you can use your arm and get a good night's rest!

The most common cause of shoulder pain is due to injury or dysfunction of the rotator cuff. The shoulder joint is formed where the upper arm bone (i.e., humerus) fits into the shoulder blade (i.e., scapula). It is known as a ball and socket joint.

The rotator cuff is a group of muscles and tendons surrounding the shoulder joint. The job of these muscles is to help move the arm and stabilize the ball in the socket. Shoulder pain occurs if the shoulder tendons are pinched by the bones of the shoulder resulting in the tendons becoming inflamed or damaged.

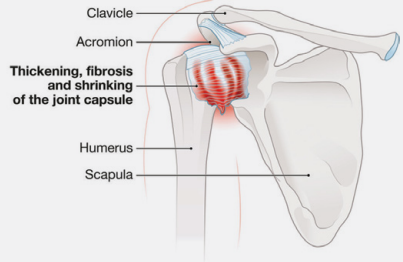
At MedRehab Group Physiotherapy, our physiotherapist can help identify the cause of your shoulder pain and the steps needed to resolve it.

Request an appointment today, and let us help you get your arm moving again!

CONDITIONS THAT CAUSE SHOULDER PAIN

The shoulder is the most mobile joint in the body, allowing us to use our arms in various ways, including reaching, pushing, pulling, lifting, and throwing. The complexity of movement requires the upper back (i.e., spine), shoulder blade (i.e., scapula), and the arm bone (i.e., humerus), and all the muscles and nerves work together to achieve the mobility and function we are accustomed to.

Adhesive capsulitis (Frozen shoulder)



If any part of the system is not working correctly, we become more susceptible to injury. Repetitive stress or trauma can damage the shoulder complex and lead to pain. *The most common shoulder problems fall into the following categories:*

- Tendon inflammation
- Bursitis
- Tendon tear (i.e., partial, complete, or degenerative)
- Instability (i.e., partial or total dislocation)
- Degeneration and/or arthritis
- Fractures

Our therapists will guide the most effective treatments, including manual therapy, exercise recommendation, and injury prevention strategies.



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schedule your next appointment today!
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3 Daily Exercises That Can Help The Shoulders

Our team at MedRehab Group Physiotherapy physiotherapy clinic will identify the underlying causes of your shoulder pain and develop a treatment plan based on your individual needs. We emphasize targeted stretches/mobility work strengthening exercises to help your recovery and prevent future problems.

If you are looking to get started with some safe stretches that are used to help improve your shoulder function, try the following exercises:

1. Across-the-chest stretch

This exercise helps increase flexibility and range of motion in your shoulder joint and the surrounding muscles. Remember to stop if you feel increasing pain in your shoulder.

Start by bringing your right arm up and across your chest with your hand gently resting on your left shoulder, or use your left hand to support your arm by the elbow.

Use your left hand to gently press the right arm towards your chest until you feel a stretch in the right shoulder. Hold this position for 20-30 seconds and do 3-5 reps. Repeat on the opposite side.

2. Chest expansion / Posture corrections

This exercise promotes mobility of the upper back and range of motion in your shoulders. Slouching places the shoulder in a vulnerable position and makes you more susceptible to injury and pain.

While standing, hold a strap or towel behind your back with both hands. With control, move your shoulder blades toward each other while lifting your chest/breastbone. Finish by lifting your chin slightly to the ceiling.

Hold for 20-30 seconds and repeat 3-5 times.



3. Thread the needle

Start on your hands and knees. Lift your right hand toward the ceiling with your palm facing away from your body. Next, lower your right arm under your chest and reach across your body to the left side with your palm facing up.

Hold this position for 20-30 seconds and do 3-5 reps. Repeat on the opposite side.

Strengthening your shoulder muscles (i.e., rotator cuff and shoulder blade muscles) can also help support and stabilize your shoulder joint. Strength training can potentially decrease muscle imbalances and reduce the risk for shoulder injuries and shoulder pain.

REQUEST AN APPOINTMENT TODAY!

Our team of physiotherapists can help alleviate your shoulder pain and get your arm moving again. Call today and schedule your appointment!

Sources:

<https://www.jospt.org/doi/10.2519/jospt.2020.0501>

<https://www.jospt.org/doi/pdf/10.2519/jospt.2020.8498>

https://www.physio-pedia.com/Evidence_Based_Interventions_for_Shoulder_Pain

<https://www.jospt.org/doi/10.2519/jospt.2020.0501>



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Meet Our New Chiropractor! *Dr. Sidra Sabagh, Georgetown Clinic*

Dr. Sidra Sabagh earned her Doctor of Chiropractic degree from the Canadian Memorial Chiropractic College. Prior to this, she earned her Bachelor of Science (Honours) degree with a focus on Chemistry, from Ryerson University. She also completed the Contemporary Medical Acupuncture Program from McMaster University. Dr. Sabagh treats a variety of conditions including neck pain, back pain, upper and lower limb pain, and more. Some of the techniques she uses to treat include spinal manipulation/mobilization therapy, acupuncture, soft tissue therapy, instrument-assisted soft tissue mobilization, rehabilitation exercises and patient education. Dr. Sabagh will work with you to help reach your goals.

The first 25 patients seen for their initial assessment will receive a free chiropractic treatment!





Our Patients Get Great Results!

"I have been going to MedRehab for the past several months and I find that not only are the staff friendly, but they are competent and professional. An injury is worrisome, but having great results has led me to tell my work colleagues about such staff. Thanks very much!"

- 5-Star Google Review
Toronto Clinic

Need To Reschedule Your Appointment?

If you are feeling sick or have to reschedule, **please call in to ask for other options.**

Don't Let Your Insurance Go To Waste!

Come see us and we will get you feeling better fast, at little to no out-of-pocket expense!

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan.

Let our family help your family get a head start going into 2023, before your deductible renews again!

Give us a call at your nearest clinic or visit www.medrehabgroup.com

Call Today!

Refer A Friend

Do you have a friend or family member who could benefit from our services? At MedRehab Group Physiotherapy, we love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Our purpose at MedRehab Group Physiotherapy is to leave a greater impact on the communities around us. In order to achieve our goal, we want to change as many lives as possible and become a beacon of positivity in our communities.

If you know someone that could use our help, simply pass along this newsletter or have them call us at their nearest location. We will gladly answer any questions they may have about their condition and how we can help.

By referring a friend, they will thank you and so will we!



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