

ARC NEWSLETTER

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TAKE HOLD OF RELIEF

PHYSICAL THERAPY SOLUTIONS FOR YOUR
SHOULDER, ELBOW, AND WRIST PAIN

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PHYSICAL THERAPY SOLUTIONS FOR YOUR
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Are you experiencing pain and weakness in your arm? Is it difficult to lift and hold things you use in your daily routine? You could be suffering from tendon dysfunction or even arthritis in your joints.

Whether your pain results from an injury or repetitive stress, it's often the result of underlying trauma or inflammation of the tendons, cartilage, or nerves in the arm. Your pain can be so severe that doing normal activities of daily living seems impossible. While the pain may feel serious, it's entirely curable.

Call our clinic today to make an appointment. With guidance from your physical therapist, you can find solutions to your pain and get back to living the life you enjoy!

What Is Causing the Pain?

Limited shoulder movement due to pain, stiffness, or weakness can affect a person's ability to carry out daily activities (eating, dressing, personal hygiene) and work responsibilities. Factors such as heavy lifting, repetitive movements (especially in awkward positions), and vibrations influence the severity of symptoms and disability. The most common causes of shoulder pain and disability are:

- Rotator cuff disorders
- Referred neck pain
- Joint disorders
- Bursitis and tendinitis
- Arthritis and bone spurs

Overuse injuries often cause elbow pain. Many sports, hobbies, and jobs require repetitive movements leading to overuse. The



leading causes of elbow pain and dysfunction are:

- Tennis and Golfer's elbow (i.e., tendinitis)
- Arthritis
- Ligament sprains
- Broken and/or dislocated elbow

Wrist pain is most common in groups participating in physically demanding activities like manual laborers and jobs that require computer use or repetitive movements. The leading causes of wrist pain are:

- Carpal tunnel syndrome
- Wrist tendinitis
- Arthritis
- Repetitive motion syndrome

Continued inside.



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Shoulder, elbow, and wrist pain are often the result of workplace injury and repetitive stress injuries. While it is sometimes possible to take action to prevent an injury from developing, it is crucial to be able to recognize when an injury develops and to get help.

Find your physical therapist so they can identify what may have caused the pain to start and what you can do to resolve it.

What Do My Symptoms Mean?

Aching or stiffness around the front or the side of the shoulder is often due to a tendon/rotator cuff injury. In comparison, pain in the back of the shoulder is likely coming from the joint itself. Although some think the top part or shoulder blade is the "shoulder," they refer to muscles and/or the neck and not the shoulder itself.

Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner and outer aspect of the elbow is commonly thought to be where most people experience tendon or ligament injuries. Typically, the pain will be sharp at the junction of the tendon and bone but may also move toward the forearm when the injury is tendon-related or caused by inflammation.

A decreased range of motion is often associated with arthritis. Still, weakness or clumsiness when gripping or holding onto things can be signs of deeper problems. It may indicate a more severe condition: the more dysfunction and disability, the more your conditions warrant seeking help sooner than later.

Ignoring your pain or waiting too long to be seen can make the problem worse and eliminate simple solutions.

Physical Therapy for Shoulder, Elbow and Wrist Pain

Physical therapy treatments for shoulder, elbow, and wrist pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like KT taping and joint splinting. These have all been proven to help alleviate pain and restore function.

Physical therapists assess your particular condition to identify the contributing factors and address all of them. Your therapist is skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate

intervention to help you resolve your pain and/or restore your function.

Interventions such as education, manual therapy, therapeutic exercise, nerve and tendon glide techniques are widely used for effective results!

What Do My Symptoms Mean?

Addressing the pain early on is the best way to prevent an issue from becoming more debilitating. Physical therapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and helping you mobilize and strengthen the surrounding muscles to alleviate the pain associated with your injury.

Contact your physical therapist today for support with learning how to manage the pain and learn exercises and techniques that can help you overcome the injury and restore proper strength and functionality to your shoulders, elbows, and wrists.

MONTHLY



ENTER
AND WIN!

CHALLENGE

Call us with your answers before the last Friday of the month and be entered into our PRIZE DRAWING!

1. On February 14, 1849, what photographer took the first photograph of a U.S. President in office, James Polk?
2. An assassination attempt on newly elected U.S. President Franklin D. Roosevelt occurred in what southern U.S. city on February 15, 1933?
3. On February 20, 1962, who became the first American launched into orbit?
4. What influential magazine, first published on February 1, 1922, would go on to become one of the most widely distributed periodicals in the world?
5. In what year did the first color television sets offering a choice of up to 15 different channels go on sale to the public in the United States?
6. What was the Beatles first U.S. number one hit which marked the beginning of the British Invasion?
7. Airing on February 1, 1949 what was the name of first daytime soap opera, starting a long-running trend of daytime television entertainment?
8. On February 1, 1840, the first curling club in the United States was established in what city?



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Happy Valentine's Day

Celebrate heart health by practicing these 8 simple health tips:

1. Aim for lucky number seven.

Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.

2. Keep the pressure off.

Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.

3. Move more.

To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.

4. Slash saturated fats.

To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.

5. Find out if you have diabetes.

Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.

6. Think beyond the scale.

Ask your doctor if your weight is OK. If you have some pounds to lose, you'll probably want to change your eating habits and be more active.

7. Ditch the cigarettes, real and electronic.

Smoking and secondhand smoke are bad for your heart. If you smoke, quit, and don't spend time around others who smoke as well. E-cigarettes are popular, but they're not completely problem-free. They don't contain the harmful chemicals in cigarette smoke but, they still do contain nicotine, so your goal should be to quit completely, not just switch to a less toxic version.

8. Clean up.

Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).



Reach out to schedule your appointment today!

Scan the QR code, visit arc-rehab.com, or call (630) 323-8646.

EXERCISE OF THE MONTH

WRIST FLEXOR STRETCH

Begin by extending one arm out in front of you with your palm facing up. Using the other hand, gently press down on your palm to bend your wrist. Hold for 30 seconds and repeat on the other side.



This exercise helps relieve pain in your wrist.



Check out our YouTube channel for more exercises you can do at home. Click on Videos under the Health Tips tab on our website or scan the QR code to visit our YouTube Channel.

The physical therapists at ARC can develop an exercise plan designed to help you reach your goals.

Call today for your appointment!

COME BACK TO ARC PT!

- Has a pain returned?
- Are you suffering from a new pain?
- Do you want to be healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to ARC Physical Therapy. Call us today!

Call for an appointment today and start your journey to a healthier, happier, pain-free life.



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