



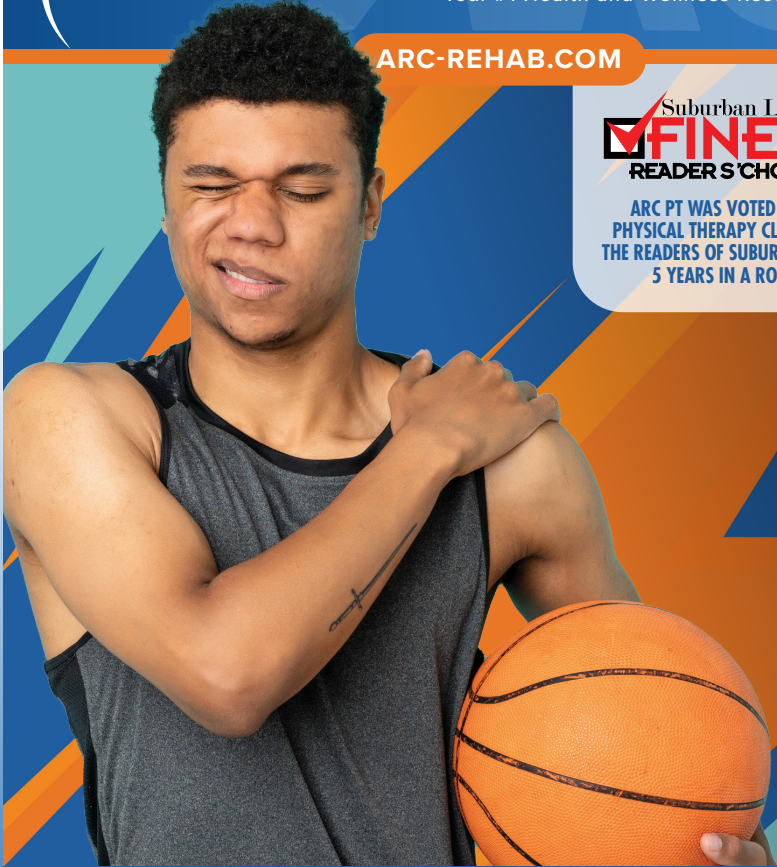
NEWSLETTER

Your #1 Health and Wellness Resource

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Suburban Life's
✓ FINEST
READER'S CHOICE

ARC PT WAS VOTED BEST
PHYSICAL THERAPY CLINIC BY
THE READERS OF SUBURBAN LIFE
5 YEARS IN A ROW



**PHYSICAL THERAPY SOLUTIONS
FOR SPORTS-RELATED SHOULDER
PAIN AND INJURIES**

ARC-REHAB.COM | (630) 323-8646

Physical Therapy Solutions for Sports-Related Shoulder Pain and Injuries



Have you noticed your shoulder is sore after every practice or since a recent game? Have you been told you have a rotator cuff injury or some other injury of the shoulder? Whether you have a sore shoulder or just looking to minimize your risk of injury, our physical therapists at ARC Physical Therapy can help!

Your shoulders can accomplish several physical feats, like throwing, reaching, pushing, and pulling. Due to the structure and freedom of movement, it is also susceptible to more risk of injury. In sports, your shoulder is vulnerable to injury from traumatic events like falling onto an outstretched arm or repetitive overuse-type injuries from excessive throwing or swinging.

Whether you are playing baseball, tennis, or swinging a golf club, the shoulder joint and surrounding soft tissues (muscles, tendons, cartilage, and ligaments) can be injured, or a source of pain depending on the severity of the condition and affect your ability to use the arm.

Call ARC Physical Therapy to set up an appointment with one of our physical therapists and get back to the sports you love!

Risk Factors And Common Sports-Related Shoulder Injuries

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. This system is so interconnected that when any part is not working correctly, we become more susceptible to pain and/or injury.

Repetitive stress or traumatic events like getting hit or falling onto an outstretched arm can damage the shoulder complex and lead to pain, weakness, and loss of function. The most common sports-related shoulder problems fall into the following categories:

Rotator cuff injuries: The rotator cuff comprises four muscles that keep the humeral head (ball) centered in the socket when we move our arm. Injury or irritation of one or more tendons leads to shoulder pain, weakness, and loss of range of motion.

Shoulder impingement: Impingement is a common cause of shoulder pain, where a tendon rubs or catches on nearby tissue and/or bone as you move (lift) your arm. This problem is usually due to overuse and repetitive traumas.

Acromioclavicular (AC) joint pain/injury: The AC joint is on the very top of the shoulder. It is often injured in contact sports like hockey or football but can also be injured from falling and landing directly on the shoulder in any sport.

Continued inside.



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Shoulder joint instability: Instability is the excess movement of the humeral head (ball) in relation to the socket. Some people are born with excessive mobility that is exacerbated by sports, but for others, an injury (i.e., dislocation) or repetitive movement of throwing or swimming causes hypermobility.

Labral injury: An injury to the labrum can result from trauma or repetitive movements, lead to a limited range of motion, and may lead to decreased strength in the affected shoulder. Often you will experience pain when moving your arm in specific ways but not others.

Whether your pain is from an acute injury or a chronic overuse-type condition, our physical therapists can help. We use the most advanced techniques and treatments to ensure you recover fully so you can get back on the field or court competing without limits!

What To Expect At Your ARC Physical Therapy Physical Therapy Sessions

At your initial appointment, our physical therapists will conduct a comprehensive evaluation to determine the best course of treatment for your needs. This will include a thorough history and physical examination of your shoulder and surrounding regions. We will need to understand your typical training and the duration of symptoms to get to the root of your condition.

Your physical therapist will use this information to design a treatment plan to ensure your results. We will help to restore any lost range of motion, improve the function and strength of your rotator cuff and shoulder blade muscles and improve the overall function of the affected shoulder.

Our highly trained therapists at ARC Physical Therapy will use manual therapy techniques, modalities, and targeted stretches to relieve pain and restore essential mobility. As your condition improves, the treatment will likely shift to strengthening, coordination, and drills to regain your ability to perform and compete at a high level.

At ARC Physical Therapy, our physical therapists are experts at treating sports-related shoulder pain and injuries. We have proven success with treating athletes of all ages and skill levels.

Call today to schedule an appointment with one of our specialists. We can help you to get back to the sports you love!



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ARC
PHYSICAL THERAPY

Great make-ahead breakfast treat for those early mornings workouts!

Omelet Muffins

INGREDIENTS

- 10 large eggs
- 1 red bell pepper, seeded and finely chopped
- 1 cup frozen cut spinach, thawed and squeezed dry
- 2 green onions, finely chopped
- 1/4 tsp salt

DIRECTIONS Preheat oven to 325°F. Coat a 12-cup muffin tin liberally with the cooking spray. In a large bowl, beat the eggs together. To bowl, add the bell pepper, spinach, green onions, salt, and ¼ cup water. Season with pepper. Divide egg mixture among muffin cups. Bake 20–25 min., until eggs are set. Let stand 5 min. before removing from muffin tin. Wrap omelets individually in plastic wrap and refrigerate up to 4-5 days. Remove from plastic wrap and microwave 30-60 seconds or until warm.

Source: <https://www.savoryonline.com/recipes/208593/spinach-and-pepper-omelet-muffins>

MONTHLY



CHALLENGE

ENTER AND WIN!

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

1. In what year was the first United States computer completed in Pennsylvania at the Moore School of Engineering?
2. Broadcast in more than 100 countries, what New Year's Day parade started in Pasadena in 1890?
3. Opening on January 1, 1892 this immigration station processed more than 20 million immigrants as they entered the US?
4. Who discovered the sarcophagus of Tutankhamen in the Valley of the Kings near Luxor on January 3, 1924?
5. Blinded as a boy, who invented a reading system for the blind using punch marks in paper?
6. On January 5, 1925 in Wyoming, who became the first female governor inaugurated in the U.S?
7. What was the name of the ship, sailing under Captain James Cook, to become the first vessel to cross the Antarctic Circle on January 17, 1773?
8. Which president conducted the first live televised presidential news conference, five days after taking office?

A New Year Means a New You

One day or day one. You decide!

We all know what happens when the New Year hits! Everybody starts attempting to set goals to improve their lives over the next 12 months.

While there's never a wrong time to prioritize your health and wellbeing, the beginning of a brand new year certainly feels like a great time to make significant changes!

It doesn't matter if you're looking for new ways to become more active, or you just want to put a stronger pulse on your overall health, ARC is here to help you with our physical therapy services along with our medical gym to give you that personal attention for best results!

We want all of our patients to know that we are behind you 100% when it comes to maintaining their fitness and embarking on a journey to better health.

That's why we wanted to share some of the best things you can start doing today to get your health on the right track for the New Year!

Aerobic Activities

When it comes to getting fit, exercising more often is truly a no-brainer. Tons of targeted stretches and exercises may help you feel better and get into better shape at the same time.

Aerobic stretches and exercises help increase your stamina. They keep you healthy, improve your fitness, and allow you to have an easier time doing the things you love.

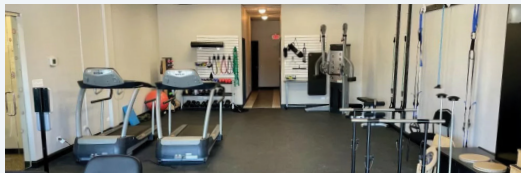
Some forms of aerobic endurance exercises include:

- Biking
- Swimming
- Climbing
- Dancing
- Playing a sport
- Walking, sprinting

Strength Training Exercises

Strength training makes your muscles stronger and also helps to prevent fall injuries. Some common forms of strength-building exercises include:

- Lifting weights
- Using resistance bands during a workout



The beginning of a new year is certainly a wonderful time to set forth expectations about improving our health! If you're interested in learning more about how you can put your health first, contact ARC Physical Therapy today for more information.



Reach out to schedule your fitness assessment and consultation today!

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

EXERCISE OF THE MONTH

ABDUCTION/ADDUCTION PENDULUM

Start by placing your non-working hand on a table or chair for support with your working arm hanging straight down in front of your chest with a light dumbbell in your hand. Slowly start moving your hips from side to side and let the momentum from your lower body cause your hanging arm to begin moving in a side to side motion.



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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