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# NEWSLETTER



## WHAT'S CAUSING YOUR SHOULDER PAIN?

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### 15 CONVENIENT LOCATIONS TO SERVE YOU!

Central Sioux Falls  
West Sioux Falls  
East Sioux Falls  
Sioux Falls (Primrose)

Brandon  
Harrisburg  
Hartford  
Tea

Fulda  
Jackson  
Lakefield  
Luverne

Sherburn  
Worthington (Avera)  
Worthington (Oxford)  
Marion

# NEWSLETTER

## WHAT'S CAUSING YOUR SHOULDER PAIN?

Have you been living with shoulder pain that wakes you up during the night? Do you find reaching overhead to be difficult and painful? You may be living with shoulder pain that can be resolved with physical therapy.

**At Prairie Rehab, we have the solutions that you are looking for!**

Our shoulders are the most flexible and movable joints in the body. The shoulder joint consists of a ball and shallow socket that allows for an impressive range of motion.

This mobility makes the shoulder more susceptible to injuries and pain because it depends on muscles to maintain stability and strength. When these muscles around the joint become weak or injured, the joint mechanics are affected, resulting in inflammation and pain.

### Understanding Your Shoulder

Your shoulder is a ball-and-socket joint, meaning that the humerus (ball) fits perfectly in the corresponding space in the shoulder blade (socket). Each end of the bone is protected by thick cartilage that offers mild support and allows for fluid movement.

The shoulder has the following essential structures:

**The rotator cuff:** This is a group of muscles surrounding the shoulder joint providing support and movement through a wide range of motion.

**The bursas:** These are small sacs of fluid that cushion and protect the tendons from the bones.

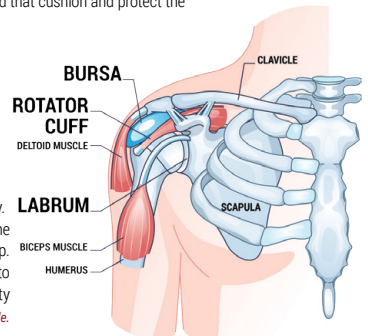
**The labrum:** This is the fibrous cartilage that surrounds the socket/joint to make it more stable, and keep the humeral ball in its proper place in the socket.

Your shoulders can accomplish several physical feats – however, this also means that they are at an increased risk of injury.

When something becomes damaged in the shoulders, pain and discomfort develop.

This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

*Continued inside.*



# What's Causing Your Shoulder Pain?

*Continued from previous page.*

## Common Conditions That Cause Shoulder Pain

Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all. Pain due to wear and tear or degenerative changes are often more achy and sore.

The most common conditions affecting the shoulder are:

**Strains:** A strain occurs when a muscle or tendon is stretched too far or torn. Strains that are not resolved fully can lead to ongoing shoulder pain, making it difficult to partake in exercise or even daily tasks.

**Tendinitis:** Tendinitis in the shoulder joint occurs when the joint is injured or overused. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing irritation.

**Cartilage injury:** An injury to the cartilage will typically 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.

**Arthritis:** Osteoarthritis and rheumatoid arthritis are the two most common types of arthritis. Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant "wear and tear," typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat, resulting in pain and inflammation. In both cases, pain and loss of motion are typical.

**Frozen shoulder:** Medically referred to as adhesive capsulitis, a frozen shoulder can occur if you have been bedridden or your arm has been in a cast or sling for a while. Unfortunately, it can also happen without an apparent cause. This condition causes tissues to stiffen up and causes this painful condition to occur.

## How We Can Help Your Pain

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. A physical or occupational therapist with experience treating shoulder pain will thoroughly evaluate the severity of your injury and identify any other limitations affecting your recovery, mobility, stability, or strength.

Our therapists at Prairie Rehab will create a targeted, individualized care plan to address your overall posture, alignment of the shoulder girdle and any underlying strength deficits of surrounding muscles to promote accelerated recovery and future injury prevention. Your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured shoulder. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate any appropriate pain relief technique to help ensure you can resume doing all the activities you love.



## Call Today To Find Effective Shoulder Pain Relief!

**Two of the biggest goals of physical therapy are to alleviate your pain and to improve your function. Your therapist will work with you to ensure that both are achieved throughout your physical therapy sessions.**

**If you are living with shoulder pain, don't let it limit your life any longer. Call Prairie Rehab today to find relief once and for all!**



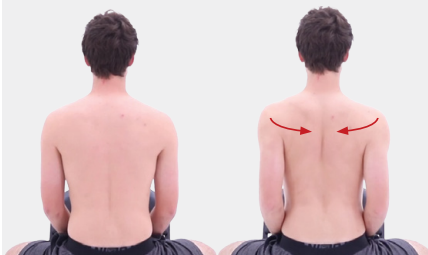
## HOME EXERCISE

Helps improve your shoulder



### SCAPULAR RETRACTION

Start by sitting straight up. Pull your shoulder blades together and down toward your feet. Make sure you do not shrug your shoulders at all. Hold as directed. Repeat as directed by your provider.



*This exercise is designed for pain prevention, call your therapist if you are experiencing any pain*

**SCHEDULE AN APPOINTMENT AT A CLINIC NEAREST TO YOU!**



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# QUESTIONS

&

# ANSWERS



### Can something else be contributing to my shoulder pain?

Yes! There are muscles that are connected from your neck to your shoulder and if you are experiencing neck pain, it is common for that pain to radiate down to your shoulder.

Think about how when you have a tooth ache, it can make your other surrounding teeth hurt as well. Our physical therapists will work with you to determine where your pain originates and create a treatment plan.

### Why do I have numbness and tingling in my shoulder?

Numbness or tingling in the shoulder, arm, or hands is a symptom of nerve involvement. The nerves that travel in your arm to help you move your arm either has pressure on it somewhere it shouldn't, or it is not moving as freely as it should. This can typically happen with shoulder pain and tight muscles surrounding the shoulder joint. Our physical therapists can help with numbness and tingling by reducing the tightness in the muscles and helping to get the nerves moving like they should!



### When Should I Make An Appointment With Prairie Rehab?

If the pain lasts for longer than a few days or gets increasingly worse, call to set up an appointment to have your pain evaluated. The sooner we can see you, the sooner we can get started on a treatment plan.



**FREE Back Pain eBook**  
For more information on how we can help relieve your pain, scan the QR code or visit [prairierehab.com/ebooks/](http://prairierehab.com/ebooks/) and check out the ebooks on our website.



## PATIENT SUCCESS SPOTLIGHT



### *“...they were able to help me restore the use of my arm...”*

*“I broke my shoulder with a fall on ice last winter. I was totally unable to use my left arm. I knew about Prairie Rehab because my wife has received excellent help from them. I went to them for help, and they were able to help me restore the use of my arm through a number of different therapies over about a two-month period. The therapists were well trained and very pleasant to work with. I actually enjoyed the sessions, enjoyed the people, and gained greatly in strength and usage of my arm. I have no hesitation in recommending Prairie Rehab and their great staff.” —Richard S.*

## HEALTHY RECIPE



### The Detoxifier Juice Recipe

- INGREDIENTS**
- 6 Carrots
  - 1/2 Lemon
  - 2-3 med-Ig Beets
  - 2 medium Apples
  - 1-2 inch Ginger

#### INSTRUCTIONS

Wash, prep, and chop produce. Add produce to juicer one at a time. Serve cold over ice. May store in tightly sealed jars or glasses in the refrigerator for 7-10 days. Shake or stir well before drinking.

Source: <https://www.modernhoney.com/healthy-juice-cleanse-recipes/>

## FREE ASSESSMENT



Call today or request an appointment on our website to schedule a free pain assessment. Our physical and occupational therapists will pinpoint the reason for your pain and get you started on a treatment plan to resolve your pain and prevent it from returning in the future!

[prairierehab.com/physical-therapist-appointment/](http://prairierehab.com/physical-therapist-appointment/)

Offer expires 07/23/23