

A man with a beard and short hair is shown in a gym setting, holding his right shoulder with his left hand, appearing to be in pain. He is wearing a dark blue t-shirt. The background is blurred, showing gym equipment.

**SOLUTIONS FOR
SHOULDER, ELBOW
AND WRIST PAIN**

INSIDE:

• TIPS TO AVOID & TREAT COMMON SUMMER INJURIES!

• NEEDHAM CLINIC NOW OPEN!



PHYSICAL THERAPY SOLUTIONS FOR SHOULDER, ELBOW AND WRIST PAIN

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
- Joint disorders
- Arthritis and bone spurs

- Referred neck pain
- Bursitis and tendinitis

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)
- Ligament sprains
- Arthritis
- 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:

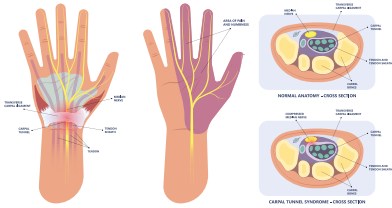
- Carpal tunnel syndrome
- Arthritis
- Wrist tendonitis
- Repetitive motion syndrome

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.

CARPAL TUNNEL SYNDROME



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!

Contact Our Clinic Today

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.

Sources: <https://pubmed.ncbi.nlm.nih.gov/20916527/>; <https://pubmed.ncbi.nlm.nih.gov/29921250/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1293277/>; <https://bmccmusculoskeletaldisord.biomedcentral.com/articles/10.1186/s12911-019-2902-8>; <https://pubmed.ncbi.nlm.nih.gov/33407293/>

TIPS TO AVOID & TREAT COMMON SUMMER INJURIES

Your Guide to Safe Summer Fun

Summer is here, and it's time to bask in the sun, enjoy outdoor activities, and create new memories. Yet, amidst all the excitement, it's essential to remember that the risk of injuries increases during these warmer months.

Listed below are some tips to help you prevent and treat common injuries, courtesy of Alessandra who currently treats at our Mansfield location and Jake who currently treats as our Strength & Conditioning Program Manager. Alessandra has 14 years of experience playing tennis and Jake has 20 years of experience playing baseball so they are well-equipped to help with your summer activity injuries!

Common Summer Injuries

According to Jake, most common injuries in baseball would be to the shoulder or elbow. Rotator cuff, labrum, or UCL. Tommy John, UCL reconstruction surgery, is the hot topic and has been for years now because it is becoming more common in youth and high school players.

- **Tennis elbow:** Tennis elbow is one of the most common causes of elbow pain. Sometimes your forearm tendons become irritated or

damaged from overuse or excessive strain. This eventually leads to an injury resulting in inflammation or micro-tearing of the tendons in the forearm.

- **Baseball injuries:** The most common injuries in baseball are to the arm. Overuse and fatigue are the most common causes of injury in baseball. In addition, pitchers lead the way when it comes to the position with the most rotator cuff injuries.
- **Muscle strains:** Strains occur to a muscle or tendon [the tissue that connects muscle to bone]. Strains usually happen when the muscle suddenly contracts, like running, jumping, or repetitive and awkward movements.
- **Ankle sprain:** A sprain happens when a ligament [the tissue that connects one bone] is stretched or torn. Sprains are typically the result of a trauma, a deceleration [slowing down] movement, or a sudden change in direction. If you are experiencing pain from an



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Jake Walker, CSCS

Summer Injuries continued

ankle sprain, Alessandra has extensive experience in treating those injuries and can help get you back on your feet without pain.

- **Recurring back pain:** The summer months usually mean more outside work. If you are spending your weekends gardening, trimming bushes, and hauling away yard trimmings, you may be experiencing recurring back pain. Back pain typically develops due to an injury, poor postural habits, or repetitive movements, like bending. This is why back pain is so common with yard work. The repetitive bending, digging, and reaching needed for gardening will often lead to lower back pain.

Preventing Summer Injuries

To prevent overuse injuries like muscle strains, tennis elbow, tendonitis and bursitis in shoulders, hips, and knees, try these strategies:

- **Dynamic warm-up:** Prior to any physical activity, perform a dynamic warm-up. This will get your blood flowing, prepare your muscles for action, and lessen the risk of injury.
- **Strength and stretching:** Working on strengthening your muscles will increase your flexibility. Strong, flexible muscles are less prone to injury. Focusing on forearm/wrist strengthening will aid in preventing golf and tennis injuries.
- **Stay hydrated:** The hot weather can cause dehydration, which can lead to muscle strains. Ensure you drink plenty of fluids to keep your body hydrated and your muscles functioning well.
- **Posture and form when playing sports:** According to Alessandra, "Form is everything in Tennis! It is so important to have an understanding of the movement patterns and biomechanics involved in your serve and swing, as well as strengthening both your dominant and non-dominant sides of your body. Using a lace-up brace is helpful in preventing ankle sprains, especially if you have a history of ankle injuries. Start slow and gradually ramp up! Young children should avoid specializing in a sport too early so they prevent overuse injuries and overtraining."

Treating Summer Injuries

Physical therapy at Elliott PT is your go-to solution if you are nursing an injury. Each injury is unique, so our treatment plans are designed to fit your specific needs. Our expert physical therapists employ various methods to promote healing and restore function.

- **Manual Therapy Techniques:** We use hands-on techniques to stimulate healing and ease pain. Depending on your specific injury, this might include soft tissue or joint mobilization.
- **Targeted Exercises:** We'll guide you through specific exercises designed to improve your strength and mobility and can, speed up your recovery and help you regain full function faster.
- **Pain as a Guide:** Remember, as we often say, you can continue with activities you enjoy if you're not experiencing increased pain during or after the exercise. Always listen to your body; use pain as a guide to know when to push and when to rest.

Your Roadmap to Recovery

Summer should be a season of fun, not frustration. With these tips and our dedicated team of physical therapists, you can enjoy your summer activities while keeping injuries at bay.

Contact us today to learn more about how we can help you prevent injuries!

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