



## TIPS TO HELP ALLEVIATE AND PREVENT SHOULDER PAIN

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 ReQuest Physical Therapy, our physical therapists 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 ReQuest Physical Therapy, our physical therapists 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.

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.

### Daily exercises that can help the shoulders

Our team at ReQuest Physical Therapy 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 and 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:

#### 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.

Visit Us Online [requestphysicaltherapy.com](https://requestphysicaltherapy.com) or

Call Gainesville: (352) 747-9992 or Tioga: (352) 670-3461

# SHOW YOUR SHOULDER PAIN WHO'S BOSS!



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.

## 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/breast bone. Finish by lifting your chin slightly to the ceiling.

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

## 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 at ReQuest Physical Therapy today!

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

**COME BACK TO PT THIS SUMMER!**



**CLICK HERE TO SCHEDULE YOUR APPOINTMENT TODAY!**



## WHY REQUEST?

"Friendly and knowledgeable staff. Samantha was able to accommodate the type of therapy I needed with all the different massage therapists they have. Thank you ReQuest!"

— S.H.

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FREE BACK PAIN SCREENING

# ReQuest

PHYSICAL THERAPY

CALL GAINESVILLE: (352) 747-9992 OR  
TIOGA: (352) 670-3461 TO SCHEDULE!

Take your health to another level! Schedule an appointment at a location nearest to you.

Call to schedule.  
Expires 08-23-23



## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEW US  
GAINESVILLE

★ REVIEW US  
TIOGA

[requestphysicaltherapy.com](http://requestphysicaltherapy.com)

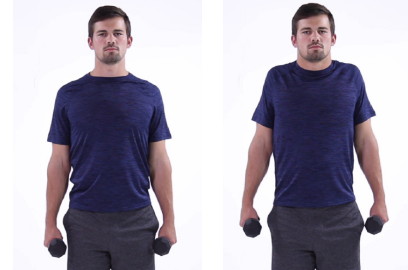


# EXERCISE ESSENTIALS

## SHOULDER SHRUGS (WEIGHTS)

Try this movement to stretch your shoulders

Stand upright with dumbbells in your hands and your arms straight by your sides. Slowly shrug your shoulders diagonally up and back in a straight line. Feel the contraction in your upper back just below your neck. Repeat 3 sets of 10 reps.



PT WIRED  
[www.ptwired.com](http://www.ptwired.com)

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

## HEALTHY RECIPE

### ALMOND CHERRY ARUGULA SALAD

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

#### Ingredients

- 2 cups baby arugula
- 1 cup barley or lentils, cooked and cooled
- 20 fresh cherries, pits removed and quartered
- 1/4 cup raw almonds, sliced or slivered
- 1/4 crumbled goat or feta cheese
- Balsamic vinegar to taste



#### Directions

1. In a large bowl add arugula, barley, and cherries. Toss gently to combine.
2. Top with almonds and goat cheese.
3. Drizzle with balsamic vinegar.
4. Enjoy as refreshing appetizer or side salad to baked fish or grilled chicken!

This is one of the many complementary recipes shared in our healthy lifestyle program, Physicians' Choice for Weight Loss.

#### Gainesville

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JULY

# CLINIC NEWS

## PATIENT TESTIMONIAL

Chandler J.

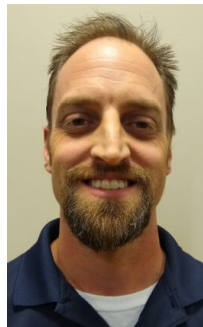
This is Chandler at the summit of Mt. Tumu in the National Park of American Samoa. He made it to the top thanks to the help of Jeff and his team! Chandler was so pleased to be able to do this trip. He was the oldest member of the group, held his own on the long and strenuous hike, and was able to see the Southern Cross clearly from the summit.

“At first, I wasn’t sure that physical therapy was going to work but the doctor recommended it, so I went. I would tell anyone to try physical therapy for his or her back pain. It is non-invasive and the home exercise program is a routine that is easy to follow. There are a number of things that can be done to help fix bone and muscle issues and to avoid surgery.”

Congratulations Chandler! We are so proud of you and the way you are living your life with no limits while inspiring others to do the same



## THERAPIST SPOTLIGHT



**Dan Landis,**  
**Licensed Massage Therapist**  
**MA57666**

With over fifteen years of experience in orthopedic massage therapy, Dan likes to encourage movement while applying deep tissue and sports massage techniques during his sessions with clients.

Dan also utilizes a technique called Manual Ligament Therapy and incorporates that into almost every upper body session. He finds it to be a non-aggressive way increase movement within the ligaments and joints, which allows the muscle tissue to become more pliable.

One of the best features of MLT is that the client is an active participant in the session, which increases body awareness. The therapist guides you through isometric contraction and release exercises, which take very little effort from you as the patient. In fact, the amount of pressure used during an MLT session is very light - no more than you would place on your eye. Even with light pressure, the work is extremely effective.

Clients tend to give almost immediate feedback when they get off the table that they have decreased pain. Dan finds that MLT blends beautifully with other traditional touch modalities like trigger point therapy or deep tissue massage.

Some health insurance policies cover massage therapy and we offer private rates. We would be happy to provide you with a quote; please call (352) 747-9992 (Main) or (352) 670-3461 (Tioga) to schedule a massage with Dan or one of our talented LMTs today!

Visit Us Online [requestphysicaltherapy.com](http://requestphysicaltherapy.com) or  
Call Gainesville: [\(352\) 747-9992](tel:3527479992) or Tioga: [\(352\) 670-3461](tel:3526703461)