NEWSLETTER

Beyond
Physical Therapy

JULY 2023



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Beyond Physical Therapy

NEWSLETTER
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The Newsletter About Your Health & Caring for Your Body



PHYSICAL THERAPY CAN HELP FROZEN SHOULDERS

Do you notice pain and stiffness in your shoulder? Has your shoulder suddenly become very hard to move? You may be experiencing a frozen shoulder and will benefit from having a physical therapist help you resolve your problem.

At Beyond Therapy & Wellness, our physical therapists are skilled at alleviating pain and restoring motion so you can get back to doing what you love!

Many different factors can lead to chronic shoulder pain. One of the most painful and debilitating conditions is a frozen shoulder, also known as adhesive capsulitis. Dealing with shoulder pain can make completing daily tasks nearly impossible. Often people sacrifice their quality of life due to the pain and limitations.

Adhesive capsulitis is a condition characterized by stiffness and pain in your shoulder joint. Signs and symptoms typically begin gradually without a specific cause and worsen over time. Physical therapy can help relieve and even eliminate your problem!

If you're experiencing shoulder pain, contact Beyond Therapy & Wellness today. Our physical therapists will be able to do a full assessment, figure out if the source of your pain is a frozen shoulder, and help you get on the road to recovery.

WHAT IS A FROZEN SHOULDER?

Frozen shoulder is a condition that develops when the tissue in your shoulder joint tightens and restricts movement. It is thought to be caused by inactivity that occurs after injury or alongside another shoulder problem, such as a rotator cuff injury, broken arm, or recovering from surgery.

The exact causes of a frozen shoulder are not fully understood. A few factors that may put you more at risk for developing a frozen shoulder include:

- Diabetes
- Hypothyroidism and hyperthyroidism
- Parkinson's disease
- Cardiac disease

Most people struggling with frozen shoulders complain of pain, discomfort when moving or using the affected joint, or even a total loss of movement in that shoulder. Adhesions from the shoulder can become stiff or inflamed. Fortunately, physical therapy has been shown to help alleviate pain and mobility losses.

WHAT TO EXPECT FROM PHYSICAL THERAPY

At your consultation, one of our physical therapists here at Beyond Therapy & Wellness will assess your condition, pinpoint the exact source of your pain, take a look at your medical history, and evaluate your mobility and strength.

Continues Inside

Contact Beyond Physical Therapy today to find out how we can help you stay pain free this season

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Continued From Outside

There are three stages in the development of frozen shoulders:

- **Freezing:** In this stage, you gradually experience more and more pain. As the pain worsens, you start to lose range of motion.
- **Frozen:** This stage is characterized by motion loss, whereas the painful symptoms may improve. Daily activities are typically challenging during this phase.
- **Thawing:** Shoulder motion improves during this stage, and there is typically a complete return to normal or close to normal motion and strength.

It's pretty standard for patients to see our physical therapists in the freezing stage after they've already been experiencing pain for a little over half a year or nine months. At this point, they're already in a lot of pain and pretty used to not being able to move their shoulders the way they'd like to.

Our comprehensive treatment plan will consist of targeted stretches and specific home exercises to speed up the recovery process and regain your motion, reduce your pain and restore any lost strength.

Physical therapy for frozen shoulders focuses primarily on pain relief, using modalities like ultrasound, e-stim, and lasers. In addition, we take a hands-on approach using targeted manual therapy techniques like soft tissue work and joint mobilizations. Your physical therapist's ultimate goal is to restore mobility and range of motion to the affected shoulder. The quicker we can address your pain symptoms and range of motion deficits, the sooner you get back to doing what you love!

CONTACT BEYOND THERAPY & WELLNESS TODAY!

If you have been experiencing recurrent or chronic shoulder pain, it is essential to consult with a physical therapist as soon as possible to find out if your problem is a frozen shoulder. Physical therapy is a safe and natural treatment option that can successfully help patients of all ages recover from their shoulder injuries.

Call Beyond Therapy & Wellness today to learn more about the benefits of physical therapy for shoulder pain, and begin your journey toward living a pain-free life!

Sources:

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Beyond Physical Therapy

At Beyond Therapy & Wellness, our therapists are dedicated to helping you live the active life you want, free of painful limitations! Call today for a comprehensive assessment and treatment program.

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HOMEMADE ELECTROLYTE DRINK

INGREDIENTS:

- 1 cup coconut water
- 1 cup filtered water
- 1 tablespoon raw honey
- Juice of 1 lemon or 1 1/2 limes
- 1/8 teaspoon sea salt

DIRECTIONS:

Add all of the ingredients into a blender and blend until combined. You can also stir everything together in a large mason jar.

PATIENT SUCCESS STORY

"I asked my Dr for another referral to come back.."

"Staff are very professional and knowledgeable at what they do. I came to their last location over two years ago and was impressed with their services. When started having the same issues, I asked my Dr for another referral to come back." **-S.S.**

HIP HIP HOORAY FOR PELVIC REHAB: BOUNCING BACK WITH A SMILE!



Are you a new mom who just welcomed a bundle of joy into the world? Congratulations! Now, brace yourself for an adventure that involves diaper changes, sleepless nights, and the occasional leaky situation. But fear not, dear warriors of motherhood, for there's a secret weapon in town: pelvic rehab! Yes, ladies, that's right – physical therapy for your down-there region. While it might sound like a bizarre workout routine, trust me, it's a game-changer.

Picture this: you're at a mommy meetup, sipping your coffee, when a sneeze ambushes you out of nowhere. Panic sets in, and you frantically cross your legs, praying for dear life. But guess what? Thanks to pelvic rehab, you can reclaim your sneeze without feeling like you've been on a trampoline marathon. You'll learn exercises that strengthen your pelvic floor, so you can jump, laugh, and sneeze worry-free, like a ninja with a bladder of steel.

Now, let's talk about "The Moment." You know, that epic occasion when you finally decide to venture out for a jog after months of stroller walks. But with every step, you realize that your pelvic floor has joined a juggling circus. Don't worry, though – pelvic rehab has your back, or should I say, your front? With the help of a skilled physical therapist, you'll learn techniques to regain your stride, ensuring that your jogs are filled with grace and confidence, instead of unexpected leaks that leave you sprinting home in embarrassment.

And let's not forget about intimacy. After all, who doesn't want their mojo back? Pelvic rehab can help you rediscover the wonders of your nether regions. Say goodbye to discomfort and hello to a newfound sense of pleasure. It's like a spa day for your pelvic floor, rejuvenating it to its former glory, ready to conquer bedroom adventures like a fearless conqueror.

So, my fellow moms, let's unite and embrace the magic of pelvic rehab. Bid farewell to sneeze-induced anxiety, regain your jogging mojo, and reignite the flame of passion. Seek out a skilled physical therapist who can guide you on this extraordinary journey. Because when it comes to your pelvic floor, a little rehab goes a long way – bringing laughter, confidence, and a life that's leak-free and full of joy. Remember, ladies, you're the queens of multitasking, and with pelvic rehab, you'll be ruling the world, one pelvic floor exercise at a time. Cheers to pelvic rehab, and cheers to you!

STAFF SPOTLIGHT



Dr. Lina Paz, PT, DPT has officially joined our team! Prior to completing her DPT at Texas Women's University, she completed her final internship with us. She has had a passion for women's health and took post graduate courses in pelvic rehab, while still in PT school. Lina is compassionate, uses evidence based treatment choices, and has developed a wonderful rapport with her patients. She is a brilliant therapist and we are happy to have her join us.

ARE YOU IN PAIN?
HAVE YOU SUFFERED AN INJURY?
ARE YOU LOOKING TO GET HEALTHIER, STRONGER, AND MORE ACTIVE?

If you answered yes to any of these questions, let us help you get pain free and meet your goals.

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