



Physical Therapy

N E W S L E T T E R



GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY

No More Pain

*Treatment and prevention
for shoulder pain*

Exercise Essentials

*Stay in shape while
staying at home!*

Healthy Recipe

*Try this tasty, seasonal
anytime snack!*



Physical Therapy

NEWSLETTER

TORN SHOULDERS CAN BE SUCH A PAIN IN THE NECK!

FIND RELIEF FOR YOUR ROTATOR CUFF INJURY



Have you recently been experiencing an achy sensation in your arm, had issues getting to sleep at night, problems lifting things, or numbness in your neck? If these symptoms sound familiar, you might have received a rotator cuff injury, also known as a torn shoulder.

The rotator cuff is made up of muscles and tendons that help keep the shoulder in place and moving properly. People experiencing these kinds of injuries typically report feeling a painful, dull ache deep in their shoulder, difficulty reaching behind their backs, weakness in their arms, or trouble getting a good night's sleep due to pain.

It is true that some rotator cuff injuries require surgery if they are severe enough. However, oftentimes, physical therapy treatments can provide the same amount of relief (if not more) than surgery will. According to the American Physical Therapy Association, "... When it comes to treatment of nontraumatic rotator cuff tears, physical therapy alone produces results equal to those produced by arthroscopic surgery and open surgical repair."

At Loop Physical Therapy, we offer natural and non-invasive methods of therapy that can help relieve your shoulder pain and heal your rotator cuff injury. Our physical therapists are professionally trained to know how to treat conditions like these and assess your body for underlying conditions as well!

Could my shoulder pain be caused by something else?

Yes! Our clinic sees tons of patients who arrive at their initial consultation thinking that if their shoulder is bothering them, the

source of their pain also lies within their shoulder. All too often, we see that the true problem lies in their neck and can be the result of a pinched nerve in the upper spine.

This condition is referred to as "cervical radiculopathy," and its symptoms can be similar to those experienced by someone with a torn shoulder/rotator cuff injury. Symptoms also include pain, weakness, and the feeling of "pins and needles" (numbness) in the neck and down the arms.

Is it a torn shoulder, or a pinched nerve?

Although the symptoms of these conditions are similar, there are ways to differentiate between them. Typically, a pinched nerve will cause pain in just one shoulder, not both. Sharp pain is also more common versus feeling a dull ache as a result of muscle overuse.

Turning your head can cause the pain to be more intense as well. Tension headaches in the back of your head and severe neck pain are also signs that the cause of your shoulder pain is a pinched nerve instead of a torn rotator cuff.

With cervical radiculopathy, you may find that your shoulder joint feels extremely weak and useless as you attempt to lift something. In some cases, these symptoms extend from your shoulder down through your arm and hand, so it might even be difficult for you to grasp items as you normally would.

TREATMENT AND PREVENTION FOR SHOULDER PAIN



Regardless of whether your pain is caused by a torn rotator cuff or a pinched nerve, physical therapy is a great option to restore and improve your strength and flexibility in your shoulders and neck.

Your physical therapist will assess your pain condition, create a customized treatment plan for your needs, and teach you exercises and stretches to improve your range of motion and strengthen the injured shoulder.

He or she will also inform you of things you should avoid doing to keep from reinjuring yourself and experiencing shoulder pain again down the road. For example, if you play sports, they may advise you to take frequent breaks to reduce the amount you are using your shoulder.

Shoulder pain is a common condition that can easily be diagnosed and treated, so don't hold out on seeing a physical therapist

because you're hoping the pain will go away on its own! It is important to have your condition evaluated, that way you will know for sure if the problem is a torn rotator cuff, a pinched nerve, or something else entirely.

Ditch the pain in your neck (or shoulder!) & come see us today!

Put an end to your problems today. Call Loop Physical Therapy today and get scheduled for your very own consultation with one of our skilled physical therapists. They will be able to assess your condition, find the root of your pain problem, and set you on the right track to ditching your pain once and for all!



For more information about how physical therapy can help your running pain, call us today at 773.541.2020 or visit us at LoopPT.com!

NO REFERRAL? NO PROBLEM!



Did you know we can see you for PT with or without a doctor or other healthcare provider's referral? One of our physical therapists will evaluate you, and customize a treatment plan to reduce your pain and get you moving better. Refer yourself or a loved one!



**LOOP PHYSICAL
THERAPY CENTERS**

WHAT PATIENTS ARE SAYING!

"Since I have started at Loop Physical Therapy, I have noticed an extraordinary decrease in pain and a steady increase in motivation to be more active and healthy! The therapists are extremely skilled, very patient, and have the answers to all my questions regarding diet, exercise, and body function. They push you to live a more healthy and active lifestyle and give you frequent suggestions!

...Before you choose any main stream therapy places, you should seriously consider Loop Physical Therapy!!!" — Carlos L.

Learn more by visiting our website at LoopPT.com or schedule your consultation today by calling !

EXERCISES TO DO AT HOME!



First Rib Mobilization with Strap
When your first rib is immobile or hypomobile, it can cause a lot of problems. Many of the symptoms can be masked as something else. It can cause neck pain, shoulder pain, arm and hand numbness and tingling, and even headaches.

Setup

• Begin in a sitting upright position with a strap wrapped over the middle of one shoulder.

Movement

• Bend your head toward that shoulder, then pull down on the strap and bend your head towards your opposite shoulder. Hold this position for 30 seconds and repeat 2 more times.

Thoracic Wall Sweeps

The Thoracic Wall Sweep opens the chest and shoulders while engages the muscles of the posterior shoulder and upper back.



Setup

• Start in a half kneeling position with yoga block or ball between the wall and your outside knee. Place arms straight in front of you at shoulder height with both palms facing the wall.

Movement

• Sweep the arm closest to the wall up and around following the hand with your eyes. Go as far as you can without pain. Return to the start position. Repeat 10 times both sides.

4 Way Shoulder Isometric Strengthening:



Setup

• Begin in a standing upright position with your elbow bent 90 degrees, and a towel between your wrist and a wall.

Movement

• Push your arm or fist (depending on position) into the wall, keeping your elbow tucked at your side, feeling effort coming from your scapula, not just your arm, for up to 30 seconds each position, then relax and repeat 2 more times in each position.

• Make sure to keep your back straight, squeeze under armpits and core tight during the exercise. There should be little to no movement.

Don't Miss Out On This Special Offer!

FREE BODY COMPOSITION ANALYSIS

For more information, call us at **773.541.2020** or visit our website at **LoopPT.com!** This offer expires November 30th, 2021.

SERVICE SPOTLIGHT: SHOCKWAVE THERAPY



We are excited to have recently started using Shockwave Therapy on many patients with excellent results.

Extracorporeal (outside the body) ShockWave therapy, uses high-energy sound waves targeted over a specific site over a short period of time, which helps stimulate certain components involved in the healing process.

Research has shown that it can reduce pain, swelling and increase function in several chronic tendon disorders including tennis elbow, patella tendinopathy, Achilles tendinopathy, gluteal tendinopathy, rotator cuff tendinopathy of the shoulder and plantar fasciitis. A buildup of specific elements in the muscles or tendons creates local, painful conditions that are addressed with ShockWave therapy. Plastic surgeons are also requesting ShockWave therapy for post-surgical healing and scar treatments. In the UK, the National Institute of Health endorses the use of ShockWave therapy to treat several of the conditions listed above due to the significant effects that it can have.

A cluster of three to five sessions takes place across one to two weeks, followed by a gap of a few weeks for tissue regeneration. The picture of recovery is an accelerated progression from pain and mobility restoration.



**LOOP PHYSICAL
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HEALTHY RECIPE COCONUT APRICOT ENERGY BALLS



Ingredients

- 1 1/2 cups dried apricots
- 1 cup raw cashews (or almonds)
- 1/4 cup unsweetened shredded coconut (plus extra for rolling)
- 2 tbsp brown rice syrup
- 1/2 tsp vanilla extract
- pinch of salt

Directions

Add all of the ingredients to a food processor and pulse until everything is mixed together. You should be able to easily press the mixture between your fingers to form a sticky dough. Scoop out 1 tbsp at a time of the mixture and use your hands to roll into a ball, then dip each ball into a plate of shredded coconut. Place in the fridge for at least 2 hours to set.



For additional nutritional information, visit us at **LoopPT.com** or call us today to set up a dietary consultation with our team member, **Aysin Yavuz!**

Learn more by visiting our website at **LoopPT.com** or schedule your consultation today by calling **773.541.2020!**



LOOP PHYSICAL THERAPY CENTERS

Call Us! 773.541.2020 • Visit Us! LoopPT.com

LOOP LOCATION

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EDGEWATER LOCATION

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