

January 2024



k i n t s u g i
PHYSICAL THERAPY & WELLNESS

**Health & Wellness
Newsletter**

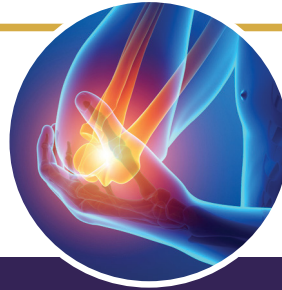
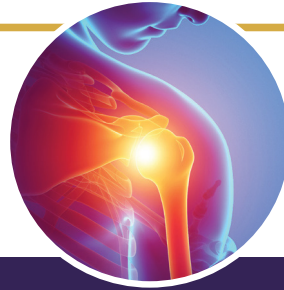
TAKE HOLD OF RELIEF

**PHYSICAL THERAPY
SOLUTIONS FOR YOUR
SHOULDER, ELBOW,
AND WRIST PAIN**



Take the first step to a healthier, stronger,
and more active you! Call today!

253.220.4317



TAKE HOLD OF RELIEF

PHYSICAL THERAPY SOLUTIONS FOR YOUR
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
- Referred neck pain
- Joint disorders
- Bursitis and tendinitis
- Arthritis and bone spurs

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)
- Arthritis
- Ligament sprains
- 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
- Wrist tendinitis
- Arthritis
- 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.

Continued inside.

**Take the first step to
a healthier, stronger,
and more active you!**

Call today!

253.220.4317

Continued from previous page.

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!

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.

Call today to make an appointment!



Start the new year with this delicious and healthy dish!

ROASTED BRUSSELS SPROUTS WITH GOAT CHEESE & POMEGRANATE

INGREDIENTS

- 1 pound Brussels sprouts, trimmed and halved
- 1 large shallot, sliced
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2-3 teaspoons white balsamic vinegar
- ¼ cup crumbled goat cheese
- ¼ cup pomegranate seeds

DIRECTIONS: Preheat oven to 400 degrees F. Toss Brussels sprouts with shallot, oil, salt and pepper in a medium bowl. Spread on a large rimmed baking sheet. Roast the Brussels sprouts until tender, 20 to 22 minutes. Return to the bowl and toss with vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.



EXERCISE TO TRY AT HOME

WRIST FLEXOR STRETCH

Begin by extending one arm out in front of you with your palm facing up. Using the other hand, gently press down on your palm to bend your wrist. Hold for 30 seconds and repeat on the other side.



253.220.4317 | KintsugiPT.com

First Day Hikes

A FUN, ACTIVE WAY TO KICK OFF 2024!

Every January, state parks across the country encourage people to celebrate New Year's Day with a hike in their local park — and this year, Kintsugi Physical Therapy is joining in on the fun!

Hiking and exercising outdoors provides a wealth of physical and mental benefits. Even a thirty-minute walk on an easy trail will get your heart pumping, improve your balance, and build strength. But even just being outdoors has its benefits — studies show that spending time in forested or wild areas can promote relaxation and improved mental health.

A First Day Hike allows people of all abilities to experience these benefits for themselves. Here are some tips for making the most of your January 1st from our team of physical therapists.

Ways to Have a Great First Day Hike

- **Pick the perfect location.** You have several opportunities for hikes or outdoor walks in the area. Choose one that appeals to you and is a good match for your physical abilities. Visit the park's website to learn more about the hikes they have available, or ask our therapists for guidance.
- **Bring your friends and family.** There's no reason for your hike to be a solo affair! Invite your friends along so you can cheer each other on, share cool nature finds, and snap selfies when you reach your destination.
- **Visit Kintsugi Physical Therapy for a pre-hike checkup.** Our physical therapist can give you personalized tips to ensure you stay injury-free and have a great experience on your First Day Hike.

It's an old belief that what you do on New Year's Day sets the tone for the rest of the year. A First Day Hike on January 1st will help get you in the right mindset for an active, healthy 2024!

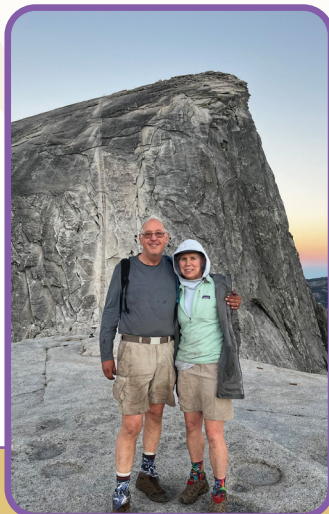
To learn more about how Kintsugi Physical Therapy can help you make the most of your hike — or any new physical endeavors — schedule an appointment today.



PAST PATIENTS DOING WHAT THEY LOVE

Wearing Kintsugi PT t-shirts.

Send us your pics wearing our shirt and you may see yourself in the newsletter.



PATIENT EXPERIENCE

KELSEY'S STORY

"They helped me enjoy the last half of my pregnancy without pain!" —Kelsey



Scan the QR code to see Kelsey's story on our Testimonial Page and hear in her own words how Kintsugi Physical Therapy helped her.



We want to hear your PT Success Story!

We appreciate hearing from you and will review your comments carefully. You're not only helping us, but our patients too!

Just scan the QR code and visit our review page.

Thank You!

Has Your Pain Come Back? Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact Kintsugi Physical Therapy & Wellness for an appointment. We will guide you so you can get back to the activities you love.

KintsugiPT.com

253.220.4317