



RECOVER QUICKLY FROM A ROTATOR CUFF INJURY

INSIDE:

- ✓ *How Do I Know If Physical Therapy Is Needed?*
- ✓ *What Is Your Goal: To Be Cured Or To Be Healed?*
- ✓ *Simple Body Recharge Exercise*

WITH THE HELP OF PHYSICAL THERAPY



March 2021



RECOVER QUICKLY FROM A ROTATOR CUFF INJURY WITH THE HELP OF PHYSICAL THERAPY

Your rotator cuff is comprised of the muscles and tendons surrounding your shoulder joint. Sometimes, the rotator cuff can become torn or injured, due to repetitive overhead motions performed in sports (such as tennis) or jobs (such as carpentry.) Athletes are also at risk of developing a rotator cuff injury if they participate in rigorous activities, such as weightlifting, swimming, or tennis.

The active movements associated with sports and laborious work are undoubtedly important factors to keep in mind; however, passive movements can also be contributing factors to an injury. Continuous poor posture and improper positioning of the shoulders can make your scapula, or shoulder blade, much more vulnerable to pain and rotator cuff injuries.

Those who experience rotator cuff injuries or “torn shoulders” generally report a dull ache deep in their shoulder, arm weakness, difficulty reaching behind their back, and disturbed sleep due to pain.

At Full Potential Physical Therapy, our natural and non-invasive methods can help relieve your shoulder pain and heal your rotator cuff injury.

How can physical therapy help a rotator cuff injury?

While rotator cuff injuries sometimes require surgery if they are severe enough, there are several cases where physical therapy treatments can work just as well (if not better) than surgery.

According to the American Physical Therapy Association, “A recent study from Finland asserts that when it comes to the treatment of nontraumatic rotator cuff tears, physical therapy alone produces results equal to those produced by arthroscopic surgery and open surgical repair.” In this same study, a follow-up on 167 patients receiving physical therapy alone for their rotator cuff injuries, demonstrated that conservative treatment, such as physical therapy, should be considered as the primary treatment for this condition.



HOW DO I KNOW IF PHYSICAL THERAPY IS NEEDED?

It is natural to experience an occasional ache or pain from overexertion. However, it is when the pain becomes chronic or unbearable that the condition becomes serious. Chronic pain, or pain persisting for three months or longer, is an indication that PT intervention is needed.

There are some additional symptoms to consider that may also be telling signs that treatment is needed, such as:

- Sharp or stinging pains.
- Uncomfortable “clicking” sounds with movement.
- Dull pain that runs alongside your arm.
- Sudden arm weakness.

If you notice any of these symptoms, it is important to contact a physical therapist for treatment.

How can I begin treatments?

At Full Potential Physical Therapy, we will conduct a physical evaluation and diagnostic tests to determine if you do indeed have a rotator cuff tear, and we will design a personalized treatment plan based on the needs of your diagnosis. Specialized techniques, such as ice and heat therapies, manual therapies, or ultrasound may be used to relieve pain, reduce swelling, and enhance function. Gentle stretches and exercises may also be prescribed to improve your posture and the range of motion of your shoulder.

If you are suffering from a rotator cuff injury, contact us today. Our dedicated physical therapists will provide you with some much-needed relief and get you started on your path toward recovery!

Has your pain come back? We can help! Call us at 616-392-2172 to book your appointment today!

Healthy Recipe

CHICKEN TORTILLA SOUP



INGREDIENTS

- 2 tablespoons vegetable oil
- 1 small onion, diced
- 2 tablespoons minced garlic
- 2 jalapeños, finely diced
- 6 cups low-sodium chicken broth
- One 14.5-ounce can diced tomatoes
- One 14.5-ounce can black beans,
- 3 chicken breasts, boneless
- 2 limes
- Salt & black pepper
- 1 cup chopped cilantro leaves
- One 8-inch flour tortilla
- 1 avocado

DIRECTIONS

In a large saucepan heat the vegetable oil. Add the onions and cook for 2 minutes. Once the onions have softened add the garlic and jalapeños and cook for another minute. Pour the chicken broth, tomatoes and beans into the pot and bring to a boil. Once at a boil lower heat to simmer and add your chicken breasts. Cook the chicken for 20 to 25 minutes. Once chicken is cooked remove from the pot. When cool enough to handle shred it and set it aside. Add lime juice and fresh cilantro to the pot. In a serving bowl add a mound of shredded chicken. Ladle soup over chicken and top with a lime wedge, grilled tortilla strips, avocado slices and cheese.

To all of our patients,

Did you notice we have a FIFTH Best of the Best sticker on our newsletter? You all made that possible! We are immensely grateful for both your votes of support, and your confidence in Full Potential. 5 years in a row is an accomplishment we are proud of, and we hope to continue the tradition of excellence for years to come!

Even though you've showed us how much you love Full Potential, we still are striving to improve! Sending us your feedback helps us serve you better, and can help others like you too. By leaving a review on Google and sharing how Full Potential helped you achieve your wellness goals, you can impact others who are looking for help. (If you don't know how to leave a Google review, you can find directions in this newsletter- it's easy!)

There are thousands of people who feel as if they cannot get better, and have lost hope for improved quality of life. Hearing your story can help them reach out and find help through physical therapy. It's possible you even found us through someone's review or a friend's suggestion!



We strive to make every experience at Full Potential a positive one, and your feedback helps us achieve that. If you have a suggestion on how we can improve our clinic, don't hesitate to reach out! Email me and share your idea- we aim to continue to serve you with the excellence you expect.

Adeline Jongsma
Marketing Coordinator
adeline@fullpotentialpt.com

You Help Us, Help Others!

Who Do You Know That Needs Our Help?



Full Potential
PHYSICAL THERAPY

286 Hoover Blvd • Holland, MI 49423
Phone: 616.392.2172 | Fax: 616.392.1726
tessa@fullpotentialpt.com | fullpotentialpt.com

Your Name

Our New Patient's Name!

*Don't miss this opportunity to help your friends and family!
They will thank you, and we will too.*

PLAY THE REFERRAL GAME!

At Full Potential, we know that a referral from our patients is the biggest compliment. Let us thank you with these 3 simple steps!

1. Write your name on this coupon.
2. Give this coupon to family and friends!
3. Be sure they bring this coupon to their first appointment.
4. Receive a Meijer gift card to those that refer us to a patient!

WHAT IS YOUR GOAL: TO BE CURED OR TO BE HEALED?

A while ago I read an article in the Grand Rapids Press by Abraham Verghese entitled "The Difference Between Healing and Curing". In that article he writes: "Curing looks at the disease a person has; healing looks at the person who has the disease. Cure combats sickness, where healing fosters wellness. Cure depends on dispassionate skill; healing depends on compassionate care. Tests, medication and machines might be able to cure an illness, but without the human component - including touch, active listening, and total attention - the patient will not be healed."

What struck me as I read this article is that in Physical Therapy we address healing first and a cure is "icing on the cake". I have been a Physical Therapist for almost 40 years and see at Full Potential Physical Therapy an amazing staff of people that have dedicated themselves to the art of healing.

When you start your physical therapy experience a comprehensive evaluation is performed. This is our opportunity to get to know you as a person and to hear you tell your story about what brings you to us, how your problem started, what you think is wrong, and what you have tried. You are not just a shoulder, knee, back, or neck. You are a whole person, and the whole affects and is affected by the very reason that brought you to seek medical care. Your pain or problem is not who you are, and it is important to keep this focus. However, the whole body must work together smoothly in order for us to feel good and function well in our daily life.

When your treatment starts we may use machines, taping, or other equipment to get started. More important is the hands on touch, education, and home instruction which will be key to improving your function and getting your "life" back. Knowledge is power. The more you understand, the easier it is for you to see your role in the process. Physical Therapists are experts at "nudging" the process along in the right direction. Then they become your best coach, guide, and cheerleader. Many times we must be your confidence until you are feeling whole enough to be confident in yourself and in your physical abilities.

Dr. Verghese ends his article with this statement: "...healing leaves behind a sense of accomplishment and empowerment. Curing does not. ...we need to move our health care system closer to the healing system to improve the patient's life quality, even if we are unable to cure their disease." Improving your life quality is the ultimate goal of every employee at Full Potential Physical Therapy. Please help us to help you achieve this goal. Remember, healing is about attitude, participation, and believing that you will be better.

**To your healing,
The Staff at Full Potential PT**



We Make It Easy To Leave A Review!

If Full Potential has had a positive impact in your life, leave us a review! It's easy- just follow these steps, and help others know where to get the help they need!

1. Use the camera app on your phone to scan the QR code on the right.
2. This will take you directly to our Google Reviews page.
3. Let us know how we did and tell us your story!



EXERCISE ESSENTIALS: SIMPLE BODY RECHARGE EXERCISE



This is a great exercise after a long day sitting at a desk or working in a demanding job. By the end of the day after contending with poor posture, gravity, stress and long hours key muscles in the back, neck, shoulders and hips can get fatigued and over tight. The common thing to do is to sit in a comfortable chair and relax. Yet this position does not allow your muscle and joint system realign and release.

Lying in the posture below gives the spine a chance to straighten out and allows tired muscles to turn off, it is like a big reset for the body. A good nights sleep will be more likely with muscles that are more relaxed and not dragging yesterday's tension into tomorrow is a big bonus. It is almost too simple to believe it could be helpful.

1. Lay on the floor with some soft carpet, with hip and knees at about 90 degrees as depicted.
2. Pillow should be comfortable, not too thick and can curl it up into the recess of your neck.
3. Let your arms lay at your side or a little away, turn you palms up and open up your hand, let it stretch.
4. Try to flatten your lower back space to the floor and do longer exhales but not big inhales, just longer exhales than usual for you, but feel comfortable. This allows you to exhale tension out of your body.
5. Keep your mind on your breathing and not the daily drama.
6. 10 to 15 minutes and you will feel recharged. You may even doze off. 15 min "cat nap" can do wonders to recharge for the rest of the day.
7. Enjoy.



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

Patient Success Story!

"My ability to walk improved from several 100 feet to several miles!"

"I developed severe back pain in December 2019 that had started in November out of the blue. It finally became so severe I could hardly get out of bed and upright. I was taking pain pills around the clock. I reluctantly cancelled a trip to the Rose Parade in December. My pain specialist referred me to Full Potential.

The assessment and exercises they gave started to reduce my pain within weeks. They also educated me on the importance of exercises that created space in the body so that the back is not doing the work of other muscles or joints.

After 6 months of therapy interrupted by Covid closure of the Clinic, my pain was minimal and my ability to walk improved from several 100 feet to several miles. I appreciate every day the help I received at Full Potential. Thank You!!" — **Fran H.**

