



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

Show Your Shoulders Love With Physical Therapy



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FROZEN SHOULDERS

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REBOUND FITNESS & REHABILITATION NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

We Can Help Frozen Shoulders



COME BACK TO PHYSICAL THERAPY! CALL 847.748.1320 TODAY!

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 Rebound Fitness & Rehabilitation, 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 Rebound Fitness & Rehabilitation 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 WITH PHYSICAL THERAPY

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

THE 3 STAGES IN THE DEVELOPMENT OF FROZEN SHOULDERS:

- 1. Freezing:** In this stage, you gradually experience more and more pain. As the pain worsens, you start to lose range of motion.
- 2. Frozen:** This stage is characterized by motion loss, whereas the painful symptoms may improve. Daily activities are typically challenging during this phase.
- 3. 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

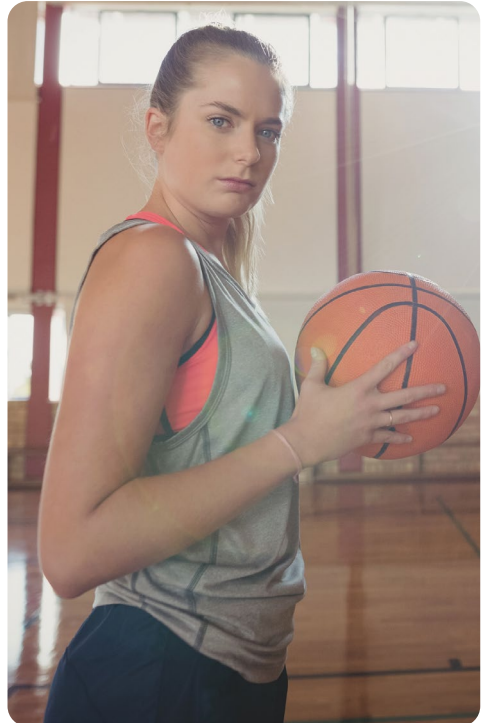
quicker we can address your pain symptoms and range of motion deficits, the sooner you get back to doing what you love!

CONTACT REBOUND FITNESS & REHABILITATION 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 Rebound Fitness & Rehabilitation today to learn more about the benefits of physical therapy for shoulder pain, and begin your journey toward living a pain-free life!

Sources: <https://www.koreascience.or.kr/article/JAKO202032265179017.page> • <https://www.banglajol.info/index.php/BJMS/article/view/51550> • https://ijcrr.com/uploads/2754_pdf.pdf



We're Staying Safe!

The staff at Rebound Fitness & Rehabilitation is focused on keeping you healthy and our equipment and facilities clean. To prevent the spread of COVID-19, we want to also encourage our patients to help prevent the spread of coronavirus by:



CLEANING
HANDS
OFTEN



AVOID
TOUCHING
YOUR FACE



STAYING
HOME IF YOU
ARE SICK

START THE ROAD TO RECOVERY BY CALLING NOW!

